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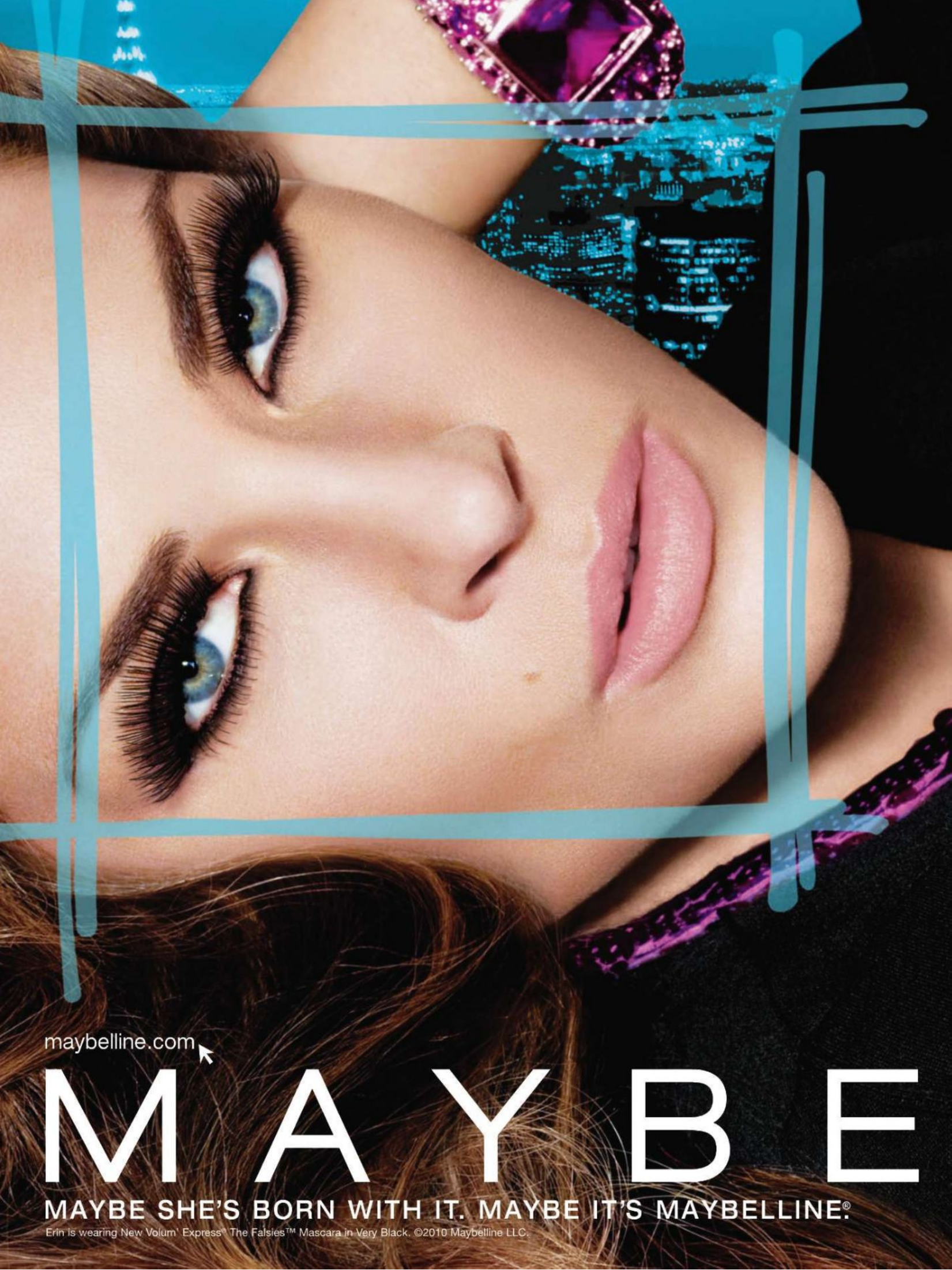
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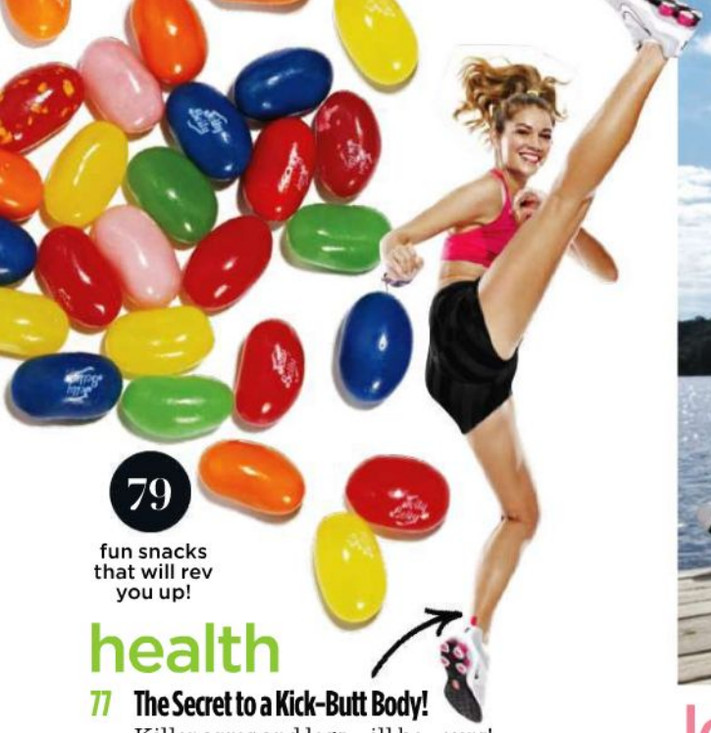
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MAIN PHOTOS: (FASHION) ANNA PALMA; (BEAUTY) FERNANDO MILANI. STILL LIFES: (MAKEUP) J MUCKLE/STUDIO D.



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- Which star has the cutest style?

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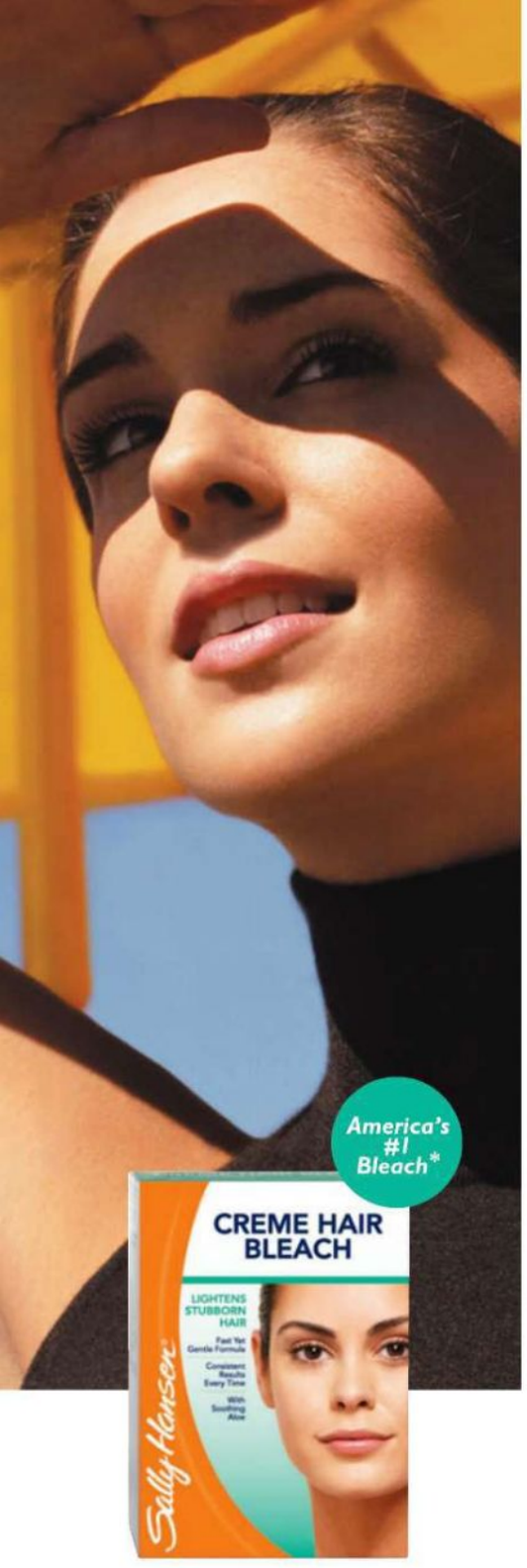
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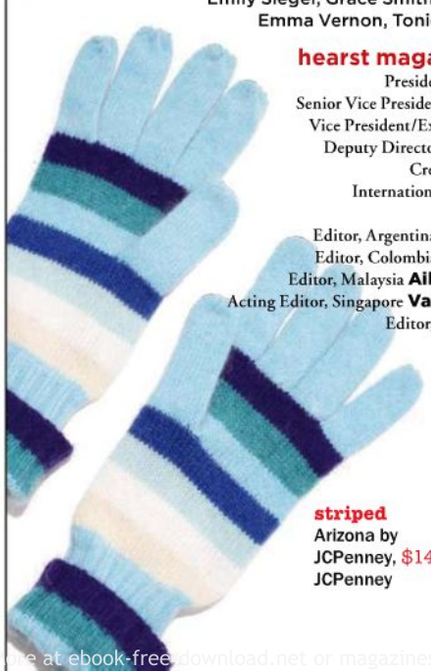




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3 **Pay someone a compliment.** Smiling is contagious and seeing other people smile can get you smiling, too. Something as simple as "You look nice" will do, as long as you are being sincere.

4 **Experiment with colors** you don't typically wear. Stepping outside your comfort zone can energize you. Try on your new perfect look risk-free at the Mary Kay® Virtual Makeover!

Seventeen Ways to Find

5 **Be a beautiful citizen** by helping to save a tree! When you and your friends are done reading this issue, recycle it. For every 500 magazines we recycle, we save 1 tree.

6 **Embrace your personal beauty** and be happy with who you are as a person.



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MARY KAY

Your Path to Beauty!

8

Mineral Powder Foundation/Brush
In choosing the right concealer or foundation, make sure the shade blends with the skin tone of your neck. It's best to check in natural light. Be sure to blend well along your jaw and hairline.



9 **Eat a healthy, well-balanced diet** to ensure your body is getting the nutrients it needs to look beautiful on the outside and feel great on the inside.

10 **Be a beautiful daughter** by touching a parent's life with an unexpected "Thank You" today. Send an email, a homemade video, or a photo collage that expresses just how much you appreciate them.

11 **Identify the things you do well** and you will start liking yourself better by celebrating your strengths.

12 **Do something small for yourself** everyday whether it's exercising or indulging in a home facial—whatever makes you feel good.

13

Nourishine® Lip Gloss
For a pouty lip effect—in a good way, of course—add an extra layer of lip gloss to your lower lip.



14 **Create a personal mantra**. Think of a phrase that makes you feel strong and attractive. Say it when you wake up and go to bed... when you find yourself in doubt or frustration, repeat your phrase a few times.

15 **Apply sunscreen** with an SPF of 15 or higher daily to help protect your skin from premature signs of aging.

16 **Keep a private journal** and write in it faithfully everyday. This will help to clear your mind, focus on what is positive, and release ideas that may be holding you back.



17

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Hi from Ann!

Did you hear about the **massive shopping event** we had in New York last month? Thousands of girls flooded 34th Street in Manhattan (home to all the biggest stores) to meet our **editors,** see fashion shows, get their pics taken by our model scout, and, of course, **shop**! Then everyone was treated to a huge after-concert with **Ne-Yo**!



Ne-Yo told me that when he was 17, he was awkward and shy, but his mom helped him turn into the confident superstar he is now! Sweet!

I was thrilled to meet so many readers—every single girl I saw was rocking her **cutest** look (a lot of them ripped right from our pages)! Well, get ready for all-new tricks! This month we're focusing on one of the most important parts of getting your look right: Making sure your clothes **fit** your figure. If you've ever given yourself a muffin top trying to squeeze your **curves** into too-skinny jeans, or felt like you were drowning in a dress that was meant for **taller** girls, you know how **easy** it is for a trendy look to go *way* wrong. You might want to blame your body for not fitting into the looks you love, but don't! There *is* a right shape and a cute trend out there for every body—tall, petite, curvy hips, full bust, curvy all over. . . whatever! Trust me, once you pick clothes that **flatter,** you'll stop obsessing about the bits of your figure that you don't love. But if you need a little more help making **Body Peace,** we've got you covered. Check out our new celebrity contributors (page **112**). They share their body struggles and advice for getting over them! So inspirational!

So what's the one thing that makes you feel your cutest? E-mail me (and send pics!) at **ann@seventeen.com**.

XOXO
-A.

best tricks ever!

There are hundreds of fashion secrets in this issue, but these are my faves.



p.38

unbutton one button!

There is nothing worse than a button-down that pulls across your bust—this easy trick works every time!



p.34

fill out your frame!

A boatneck and horizontal stripes keep tall girls (like me!) from seeming lanky!



p.48

go for strong shoulders!

This real-girl style blogger opened my eyes to an amazing secret: A structured blazer with skinnies makes *every* body look great!

MAIN PHOTO: PERRY HAGOPIAN. MODEL IN BUTTON-DOWN: CHRIS ECKERT/STUDIO D.

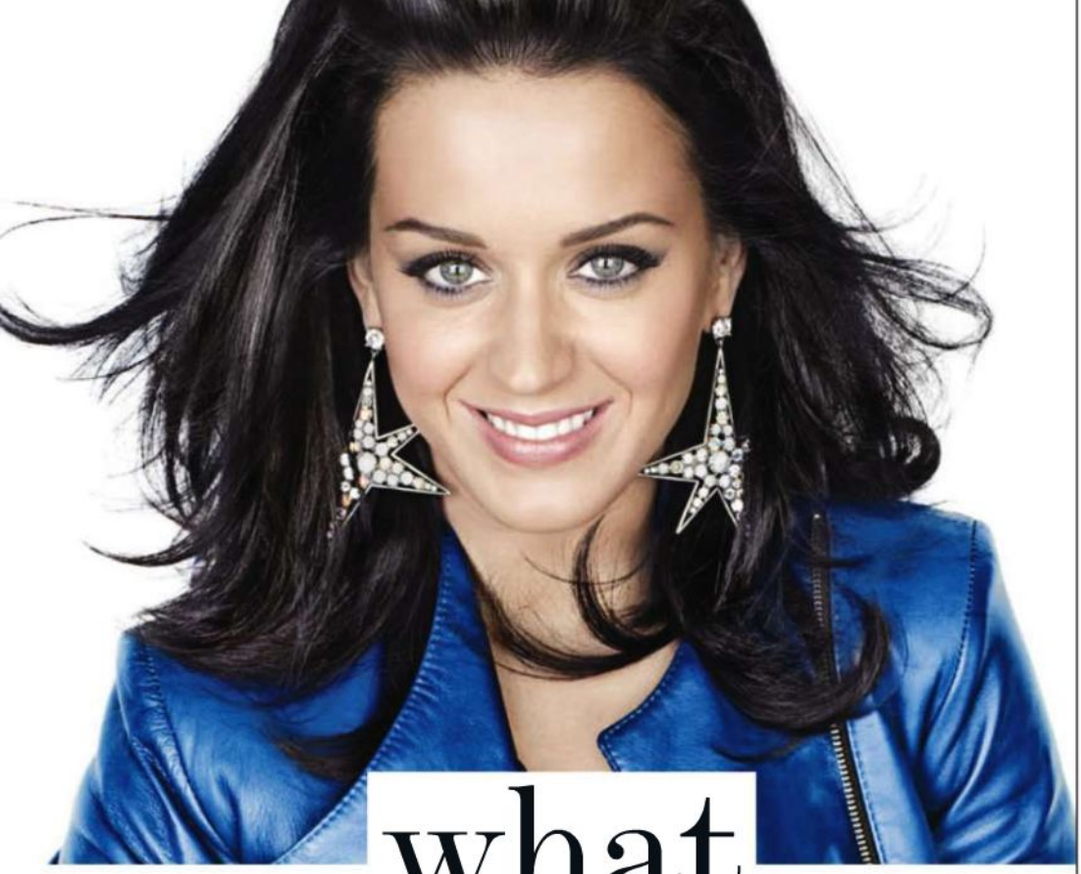
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what you think!

We hear you: Check out the e-mails about the September issue that got *us* talking.

perry perfect



"Not only is Katy Perry gorgeous, but her optimistic outlook on life is something that every girl, whether or not you like her music, can admire. Her advice about 'not giving it all away in one night' is refreshing—so many girls give guys *everything* they have. Katy proves that class and self-respect have not gone out of style."

–renee, 18, warwick, ny

ROAD RULES



"Wild Ride" really opened my eyes about the way I drive! I'm **constantly** fussing with my **iPod** while driving, and I'll even admit to texting behind the wheel sometimes. (Eek!) I always convince myself that one quick **song change** or text won't **kill** me. Now I realize how deadly a split second can be, and I'm vowing to cut out the distractions. Thank you so much, *Seventeen,* for possibly saving my **life**!

–GINA, 17, PITTSBURGH, PA

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FLIRTING FAIL



I was **laughing** so hard when I read "His Favorite Flirting Moves." Bobby's quote, that making a guy **jealous** will turn him off, is just so **untrue**! Of course he's going to say that, because Bobby's a guy, and most guys don't want to admit that they get **insecure** and jealous. But come on, Bobby, your ego would totally make you want to steal the girl you like from the **other dude** she's flirting with. Girls: I speak from experience—making your guy work a little for your **affection** is not always a bad thing!

–CHANA, 17, SILVER SPRING, MD

SPLURGE PURGE



I loved "Splurge vs. Save." I'm always looking to save money, especially when I go **shopping.** I recently got a job, and now that I have extra money, every paycheck burns a hole in my pocket. You're right: Instead of **splurging** on a cute $30 tee, I should **save** it for an item that will last more than a few washes—like designer jeans! My **extra tip:** Try calling your fave store ahead of time to find out when stuff is on sale! It's a great way to make your **dollar** stretch further!

–DANIELLE, 16, SHEBOYGAN FALLS, WI

wish list



"I was so happy to see 'Make Wishes Come True.' Make-A-Wish holds a special place in my heart because my sister (who has a heart defect) was granted *her* wish: To meet the cast of *High School Musical*! I was beyond happy to see you featured Ashley Tisdale, because she was the reason my sister chose that wish. Ashley was so sweet, and it was a day none of us will ever forget. I'm glad you're giving Make-A-Wish the spotlight it deserves!"



Ashley took Amanda's sister, Jenni, to the High School Musical 3 premiere!

–amanda, 17,
moapa valley, ny

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missing a friend

"This year, I lost a close childhood friend to suicide, and 'My Brother's Suicide Is Helping Save Lives' brought it all back. Even now, I think about him every day and wish I could have helped him. It's so important to reach out to a friend who seems depressed. You could save his life."

–lindsay, 16, coon rapids, mn

LOVE CONFIDENCE

When I first saw "I Fell in Love With My Best Friend!" I got **intense** chills—the same thing happened to my best friend and me! The only difference is that we were lucky enough to **feel** the same way about each other. We've been together for over two years! It's **refreshing** to see more articles about girls breaking the **mold** when it comes to **sexuality,** because it is *natural* to be curious!


Tessa and her GF, Aubree

–TESSA, 17, TULSA, OK

AMERICAN BEAUTY



First off: I love **fashion** and *Seventeen*! I'm a Native American girl (and proud!), and when I saw the **Navajo** page in "Your Back-to-School Style Guide!" I was disappointed that all the clothing was from **brand** stores. I would have loved to have seen authentic jewelry and **clothing** by real Native Americans. Here's me in some of my **powwow** regalia (with my puppy!). The pieces are so beautiful—and fashionable.

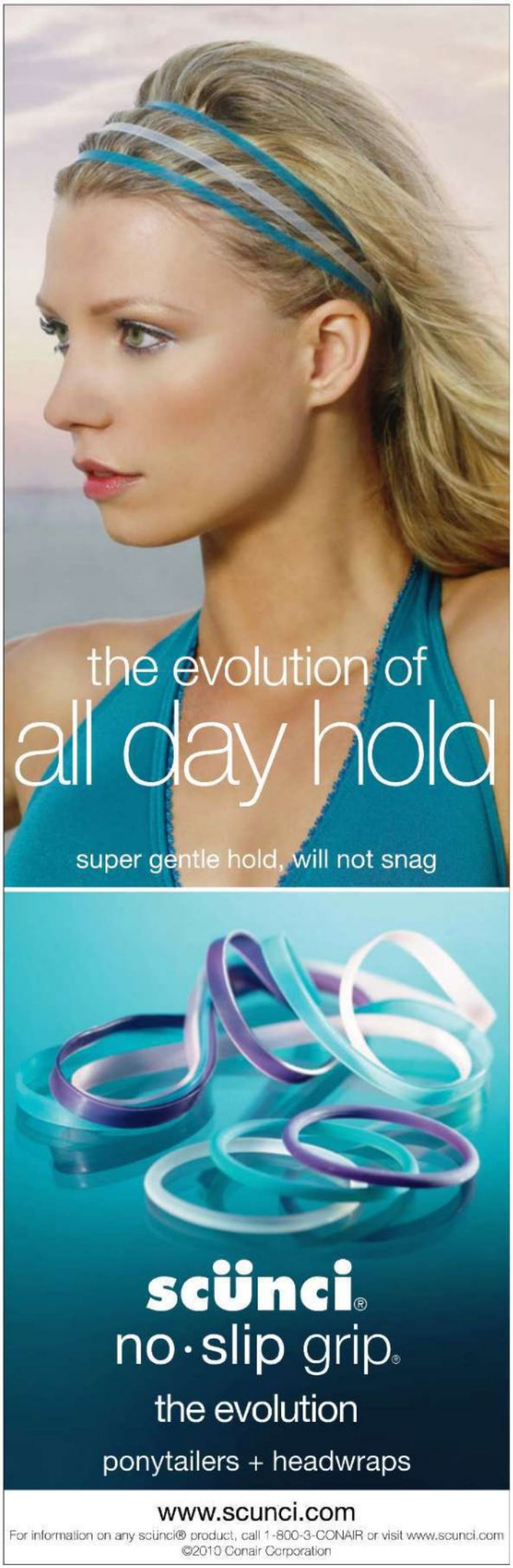
–ISABELLA, 15, MINNEAPOLIS, MN



BULLIES BUSTED

I loved the **advice** in "Beat the Body Bullies." I've totally had guys make comments about my body in a joking way, and I can't help **feeling** like I'm being judged. Now I **remind** myself that they just want a reaction, and it means nothing else. I realize that **ignoring** their negative comments will help quiet my own. Thanks!

–CHINEA, 19, TULSA, OK





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eyeliner
MAC Cosmetics Liquidlast Liner in Aqualine, $17, maccosmetics.com



Top by Walter. Necklace by Tuleste Market. Rhinestone bracelet by Sequin. Snake bracelet by Elizabeth Cole. Black-and-white bracelet by CC Skye. Fashion Stylist: Jacqueline Azria-Palombo. Hair: Kevin Mancuso. Makeup: Kristofer Buckle. Manicure: Tatyana Molot. Photographs: Robert Erdmann.



blush
MAC Cosmetics Powder Blush in Buff, $19, maccosmetics.com

see the vid!
Beauty Smartie Ingrid re-created Ke$ha's cover look! Check out her video at seventeen.com/beautysmarties.

cream gloss
MAC Cosmetics Cremesheen Glass in Richer, Lusher, $18, maccosmetics.com

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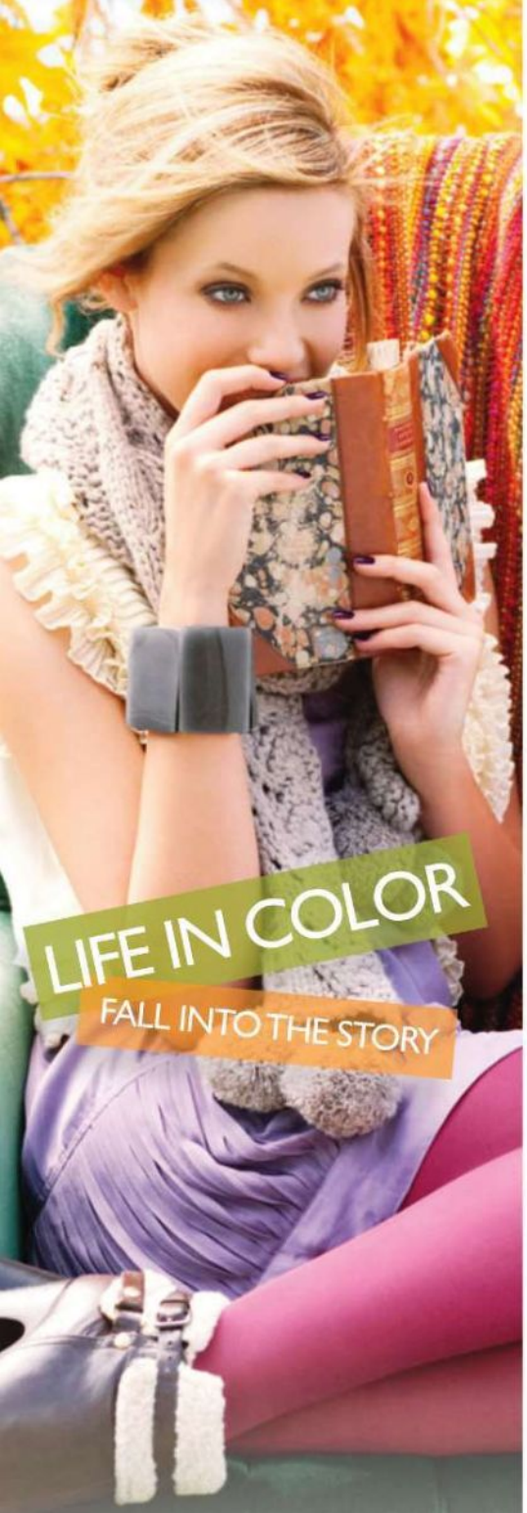


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Old Navy, $10,
oldnavy.com

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[set] VERA WANG



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  5 winners receive Beyoncé Heat Elixir [hot]	2  5 winners score Outspoken by Fergie [bold]	3  10 winners take home Miss Pucci [girly]	4  5 winners get Fancy Nights by Jessica Simpson [fancy]	5  5 winners collect S by Shakira [sassy]	6  5 winners snag Baby Phat Dare Me [daring]
7  5 winners get Harajuku Lovers Wicked Style set [wicked]	8  10 winners take home Love & Glamour by Jennifer Lopez [lovely]	9  10 winners snag Victoria's Secret Bombshell [bombshell]	10  5 winners receive Mark Celebrate [fun]	11  10 winners score Tease by Paris Hilton [tease]	12  10 winners collect Bliss Eau De Toilette [crisp]	13  5 winners receive Nina Ricci Le Paradis de Nina [sweet]
14  25 winners receive Pretty Elizabeth Arden Parfum Spray [pretty]	15  10 winners snag Twentyone Black by Rue21 [foxy]	16  17 winners take home Hello Kitty by Demeter Fragrance Library [cute]	17  5 winners get Berry Pure Orchid [pure]	18  10 winners score DKNY Be Delicious [delicious]	19  5 winners get Philosophy Eternal Grace [graceful]	20  5 winners collect Bath & Body Works Dark Kiss [sultry]
21  5 winners score Daisy Marc Jacobs Pop Art [edgy]	22  5 winners receive Bath & Body Works Secret Wonderland [wonderful]	23  5 winners collect My Life by Mary J Blige [nice]	24  5 winners take home Mariah Carey's Lollipop Bling collection [cool]	25  5 winners snag Kim Kardashian [iconic]	26  10 winners get Justin Timberlake's Play for Her by Givenchy [playful]	27  20 winners receive a Pacifica California Star Jasmine rollerball [tropical]
28  17 winners receive Thymes Agave Nectar [natural]	29  10 winners score Adidas Moves Pulse [sporty]	30  5 winners snag a Fresh Sugar Lychee rollerball [fresh]				

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fashion

THE BODY ISSUE!



101+ ways to

make your body look amazing!

A few tiny style tweaks can help you look picture-perfect every day. Here's your complete guide to flaunting your figure!

ON REAL GIRLS: (LEFT) TANK, T LOS ANGELES; SKIRT, BABY PHAT; NECKLACE, MARC BY MARC JACOBS; BELT, HER OWN; RING AND BRACELETS, RACHEL LEIGH; SHOES, TOPSHOP; (CENTER) DRESS, JOHNNY MARTIN; EARRINGS, LARUICCI; TIGHTS, HUE; BOOTIES, 7 FOR ALL MANKIND; (RIGHT) TANK, KIYONNA; JEANS, CELEBRITY PINK JEANS; EARRINGS, JESSICA SIMPSON; BOOTIES, AMI CLUBWEAR.

your perfect wardrobe

When every piece in your closet fits, flatters, and flaunts your figure, getting dressed and looking good is so freakin' easy!

PETITE



shalyn, 18

sweaterdress

It clings *just enough* to enhance your curves.

dress
Sizes S–XL, JJ Basics, $32, Stage stores

necklace
Alexis Bittar.
bracelets
Pink bracelet, $28, and black bracelet, $78, both Marc by Marc Jacobs, Marc by Marc Jacobs stores.
tights
Hue, $8, hue.com.
shoes
Sizes 6–11, Sam Edelman, $150, zappos.com.



flowy tank

A little flounce emphasizes your small frame in a pretty way.

tank
Sizes S–L, Lulu's, $25, lulus.com



ripped jeans

Subtle tears and a light wash fill you out and make your legs look longer!

jeans
Sizes 00–13/14, Aéropostale, $55, select Aéropostale stores



micromini

This cute length shows the max amount of leg.

skirt
Sizes XS–L, Necessary Objects by Ady Gluck, $68, necessaryobjects.com



cropped jacket

Show off your tiny waist with a fitted jacket that hits at your hip bone.

jacket
Sizes XXS–XXL, American Eagle Outfitters, $80, American Eagle Outfitters stores

REAL-GIRL PHOTOS: (HERE AND ON PREVIOUS PAGE) CHRIS ECKERT/STUDIO D. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC., FOR NARS COSMETICS. ON SHALYN: RING, SEQUIN. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

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CONVERSE

CURVY



body-con dress

The layering on this body-hugging fit makes your tummy look super-flat.

dress
Sizes 0–4, Torrid, $58, Torrid stores



gray jeans

The dark wash gives you a streamlined look (like black, only cooler)!

jeans
Sizes 0–20, Old Navy, $35, Old Navy stores



cascade-front vest

It hugs your small shoulders on top but camouflages curves on bottom.

vest
Sizes XL–3X, Faith 21, $20, select Forever 21 stores



graphic tee

One bold graphic highlights your bust without adding extra weight.

shirt
Sizes 1–4, Pure Energy, $22, select Target stores

fit-and-flare dress

The fitted top cinches you in at your narrowest part, while the full skirt skims over your hips!

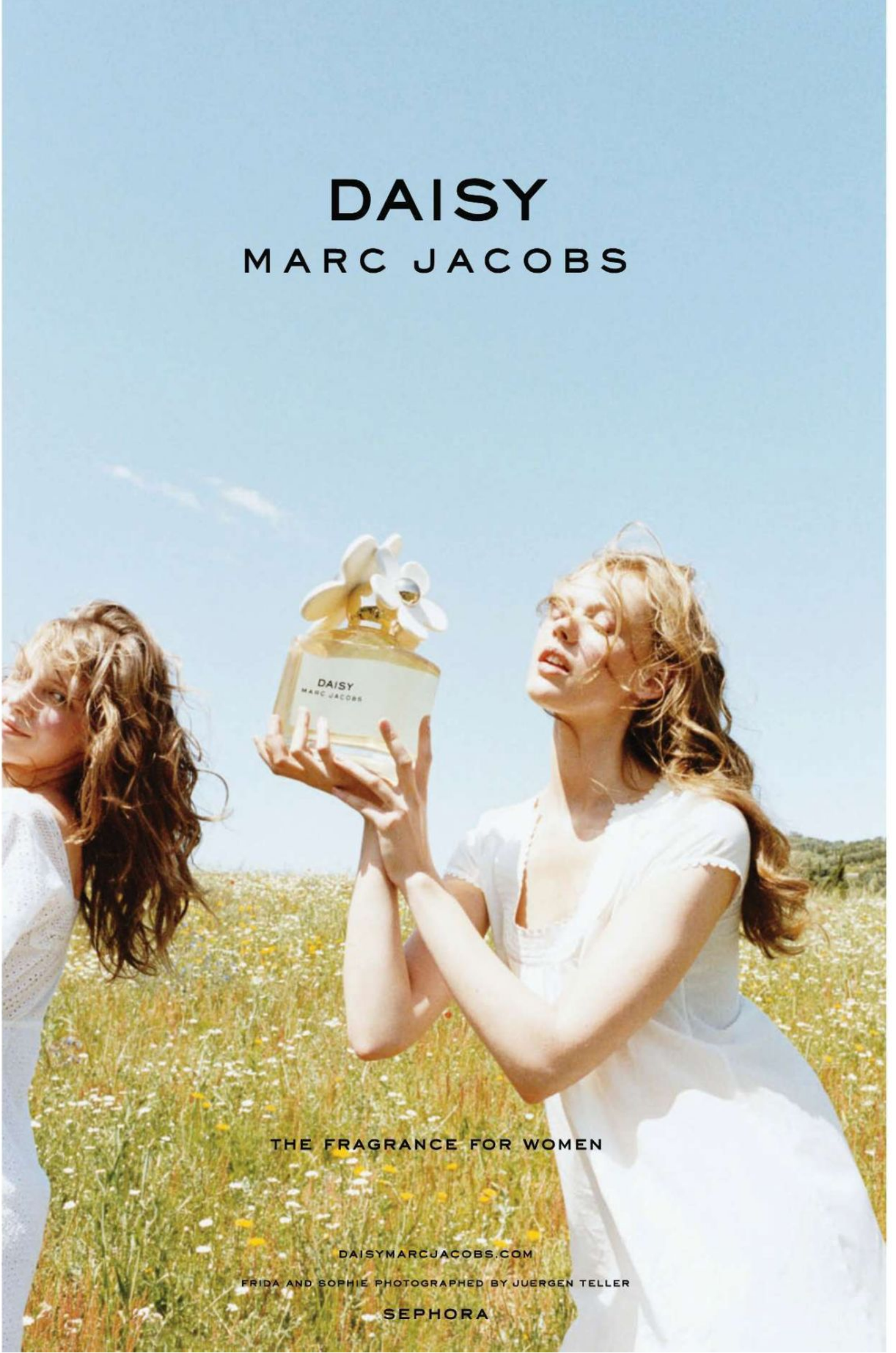
dress
Sizes 1X–3X, Necessary Objects by Ady Gluck, $79, macys.com



necklace
Alexis Bittar.
belt
Raina Belts, $185, rainabelts.com.
bracelets
Pono by Joan Goodman, $160 each, call 866-336-7666 to order.
tights
Hue, $13, Macy's.
booties
Sizes 5–12, Nine West, $99, ninewest.com.

caralyn, 18

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SEPHORA

CURVY HIPS

janée, 20

sweater
Sizes XS–XL, Armani Exchange, $88, Armani Exchange stores.
earrings
Paige Novick.
socks
Hue, $6, hue.com.
booties
See by Chloé.

ruffled skirt

Structured layers make your hips almost disappear underneath.

skirt
Sizes 2–12, H&M, $30, H&M stores



cinched tunic

It highlights your tiny waist and draws all the attention to your shoulders.

tank
Sizes XS–L, Rusty, $32, rusty.com



boot-cut jeans

The little flare at the bottom balances your hips and streamlines your legs.

jeans
Sizes 1–13, Jolt, $42, Nordstrom



empire-waist dress

Pleating on the bust fills you out to give you a perfect hourglass shape!

dress
Sizes XXS–XXL, Aerie, $45, Aerie stores



long cardi

A cardi that hits midbutt visually cuts your hips in half!

cardigan
Sizes XS–XL, DKNY Jeans, $69, select Macy's

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FULL BUST



wrap sweater

This go-to shape will adjust to your body, and the deep V-neck totally flaunts your curves.

sweater
Sizes XS–XL, Buffalo David Bitton, $99, Macy's

halter top

This neckline frames your bust to really show it off!

halter
Sizes XS–XL, Armani Exchange, $68, Armani Exchange stores



pleated v-neck

The little pleats help the buttoned-up part lie flat across your chest without pulling or puckering.

shirt
Sizes XXS–XXL, American Eagle Outfitters, $40, American Eagle Outfitters stores

stretch-waist skirt

A solid elastic waist works like a belt to create an hourglass that defines your curves on top.

skirt
Sizes S–XL, Fleurish, $27, alloy.com

scoop tank

This neckline shows just the right amount of cleavage—and in a soft shape, it won't pull across your bust.

tank
Sizes S–XL, Lily White, $24, select Nordstrom

andie, 19

jeans
Sizes 25–32, Esprit, $70, select Esprit stores.
earrings
Topshop, $32, topshop.com.
bracelets
Studded cuff, Juicy Couture, $98, Juicy Couture stores; chain-link bracelet, Dannijo, $95, dannijo.com.
shoes
Sizes 5–10, Guess, $125, Guess stores.

ON ANDIE: MIDDLE BRACELET, JUICY COUTURE.

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TALL

slouchy cardi

The long, full shape fills out your frame in a chic way.

cardigan
Sizes XS–XL, DKNY Jeans, $59, select Macy's

shirt
Sizes S–L, Piko 1988, $38, highfashion boutique.com.
pants
Sizes XS–XL, Buffalo David Bitton, $49, Macy's.
necklace
Poppy by Coach.
shoes
Sizes 5–12, Payless, $25, Payless ShoeSource stores.



zipped skirt

The top-to-bottom zipper accentuates your length!

skirt
Sizes S–L, Lulu's, $34, lulus.com



detailed leggings

The light color and cool stitching adds shape to your legs.

leggings
Sizes S–L, Lush, $39, lulus.com



striped tee

A wide neckline and the horizontal stripes perfectly contrast your tall lines.

shirt
One Size Fits Most, Michael Stars, $68, michaelstars.com



boyfriend blazer

Your body can pull off the boxy fit of this hot menswear trend!

blazer
Sizes XS–L, Necessary Objects by Ady Gluck, $78, amazon.com

alex, 15

ON ALEX: YARN BRACELETS, RACHEL LEIGH; GOLD BANGLES WITH TASSLE, JESSICA SIMPSON COLLECTION; CHROME, PINK, AND BLACK BRACELETS, JUICY COUTURE.

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17 trends that work for

1. bow dress

The sash cinches you in at your smallest part!



allegra, 20

dress
Sizes S–L, Minuet, $48, urbanog.com



Rebecca Taylor

2. thigh-high boots

They make legs look insanely long.



dress
Sizes 0–12, Armani Exchange, $98, Armani Exchange stores

3. panel dress

The sweetheart cut highlights your bust, but the T-shirt layer keeps it subtle.



earrings
M. Haskell, $15, call 212-764-3332 to order

4. dangly earrings

They give your neck a long, graceful look!



Katy Perry

5. double belt

It's the new way to create an hourglass!



belt
Urban Original, $8, urbanog.com

6. bandage skirt

It makes everyone's butt look round and perky, so tuck in your top and flaunt it!



sweater
Sizes XXS–XXL, American Eagle Outfitters, $80, ae.com

7. shawl-collar sweater

The collar frames your bust while the button closure nips you in.

8. peep-toe platforms

The platforms make your legs look as long as possible and give your booty a lift—who doesn't need that?!?



heels
Sizes 5–12, Nine West, $89, Nine West stores

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: ERICA WHELAN FOR NARS COSMETICS. ON ALLEGRA: EARRINGS, PLANET BLUE; STUDDED BRACELET, DIANA MONTENEGRO; BLACK-AND-CLEAR BRACELET, JCPENNEY; RING, MAKE ME CHIC; TIGHTS, HUE; SHOES, JOURNEYS. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. PERRY: KCSPRESSE/SPLASH NEWS. RUNWAY PHOTO: FRAZER HARRISON/GETTY IMAGES FOR MERCEDES-BENZ.

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every body!

These pieces work magic in the mirror—add them to your wardrobe and love your look.

9. long scarf

Let it hang untied to visually elongate you!

scarf
AMI Clubwear, $14, amiclubwear.com

jacket
Sizes S–L, See Thru Soul, $85, metroparkusa.com

10. nude heels

They blend in to make you look like you're all legs!

Blake Lively

11. boot-cut jeans

They hug your thighs, and the subtle flare makes your waist look tinier!

jeans
Sizes 00–13/14, Aéropostale, $43, Aéropostale stores

12. statement necklace

Use it to highlight your collarbone and a bit of cleavage!

necklace
Lulu's, $18, lulus.com

skirt
Sizes XS–L, Minkpink, $52, shoptheub.com

13. peplum skirt

The floaty layer adds a cute little curve to your hips.

tank
Sizes XS–L, The Addison Story, $68, cleveralice.com

14. layered jacket

You get the look of layers without the extra bulk!

Shop on your iPhone or iPod touch!

Buy these cute pieces now on the *Seventeen* Fashion Finder, our iPhone app! Download it for free on iTunes!

Marc by Marc Jacobs

15. zipper dress

The flash of zipper creates a long line down your body to give you a narrow look.

16. racerback tank

The scooped outsides are the perfect way to show off a toned back and shoulders.

reshma, 21

17. twist top

The twist creates pretty cleavage.

shirt
Sizes XS–XL, Maurices, $29, maurices.com

ON RESHMA: JEANS AND BRACELETS: AÉROPOSTALE; EARRINGS: AMI CLUBWEAR; RING: HER OWN. LIVELY: JIM SPELLMAN/WIREIMAGE; RUNWAY PHOTO: SLAVEN VLASIC/GETTY IMAGES.

get the right fit!

No matter where you're going, these sneaky fit tips can make your entire look.

SCHOOL

Jeans and a button-down are the perfect easy-cute combo.

FIT TIP: To keep it from pulling, unbutton your **button-down** to below your bust. Layer a tank underneath to add a flirty curve on top.

FIT TIP: **Jeans** look best on *every* figure when the waist sits at your hipbone (to avoid muffin top!) and the hem hits at the top of your laces.



masha, 17

button-down Sizes XS–XXL, American Eagle Outfitters, $40, American Eagle Outfitters stores.
tank Sizes S–L, Billabong, $26, billabong.com.
jeans Sizes 25–32, Buffalo David Bitton, $79, Macy's.
sneakers Sizes 5–11, Keds, $40, keds.com.

PARTY

A body-hugging minidress is sexy; a cropped jacket is classy.

FIT TIP: A shrunken **bomber jacket** should fit so the seam of the arms hits at the bump on the end of your shoulder bone, and the sleeves end right at your wrists.

FIT TIP: A **minidress** should hit about four inches above the knee to show the right amount of leg!



jacket Sizes S–L, Jou Jou, $40, A.J. Wright stores.
dress Sizes S–L, Urban Original, $25, urbanog.com.
booties Sizes 6–10, Bisou Bisou for JCPenney, $39, JCPenney.

WEEKEND

Long, soft layers feel as cozy as sweats but don't look sloppy.

FIT TIP: A **tunic** should fall right at the top of your thigh, so it covers your crotch without looking like a dress!

FIT TIP: A **long cardi** is the perfect layering piece. It should be thin enough that it doesn't hide your shape.

FIT TIP: **Leggings** should end right at your ankle with no bunching, so you get a long, clean line.

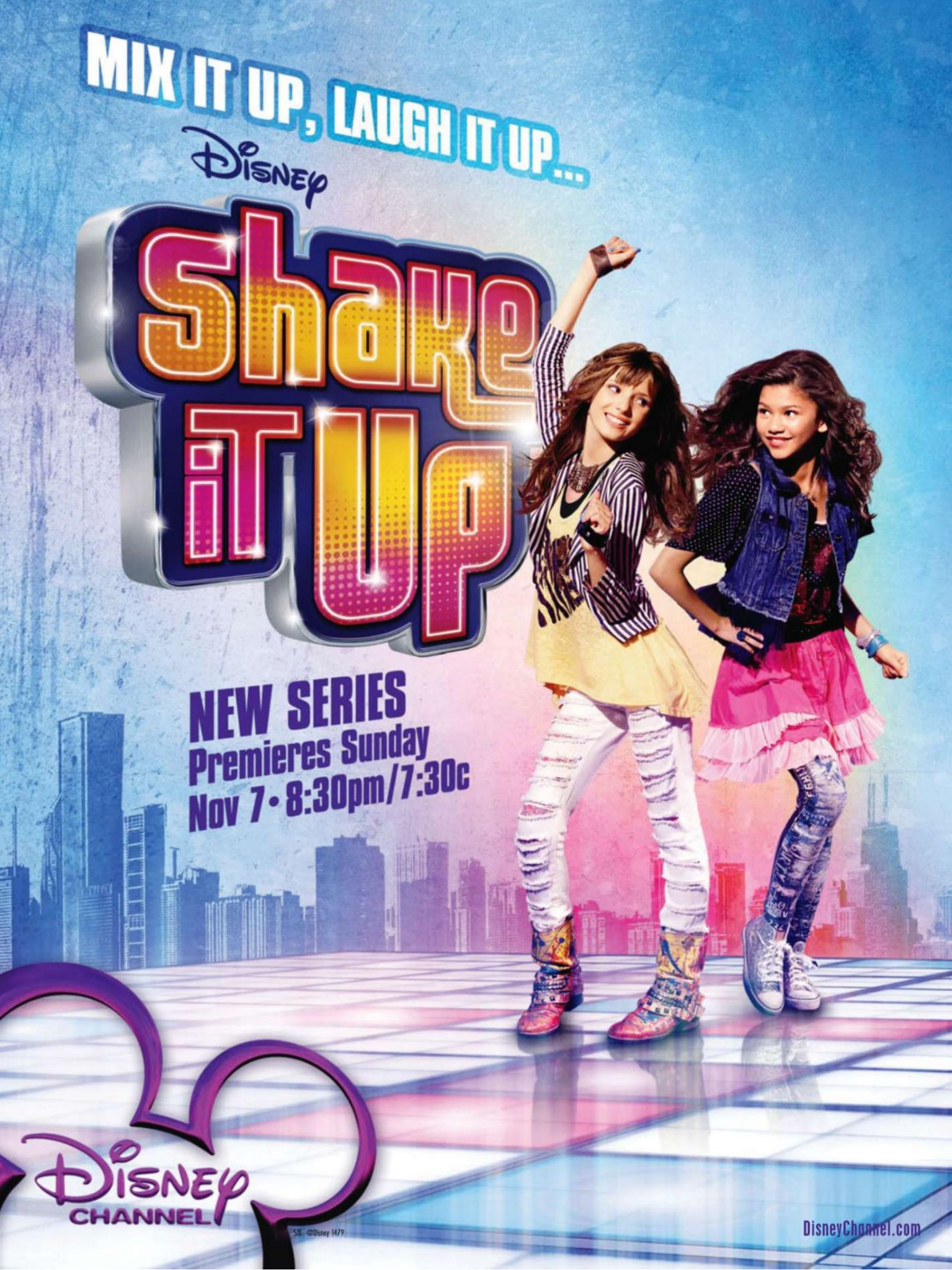


cardigan Sizes XS–XL, O'Neill, $52, oneill.com.
tank Sizes XS–L, Mimi Chica, $44, mimichica.com.
leggings Sizes 2–10, Jack BB Dakota, $65, modcloth.com.
flats Sizes 6–10, Charlotte Russe, $20, Charlotte Russe stores.

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: ERICA WHELAN FOR NARS COSMETICS. ON MASHA: (SCHOOL) EARRINGS, BETSEY JOHNSON; BRACELETS, FOREVER 21; BELT, LULU'S; (PARTY) EARRINGS, NINE WEST; SILVER NECKLACES, CHARLOTTE RUSSE; GOLD NECKLACE, LUX; RING, LULU'S; (WEEKEND) EARRINGS, CLAIRE'S; NECKLACE, AMY FLOREK; BRACELETS, LOVE ALISHA; RING, FOREVER 21.

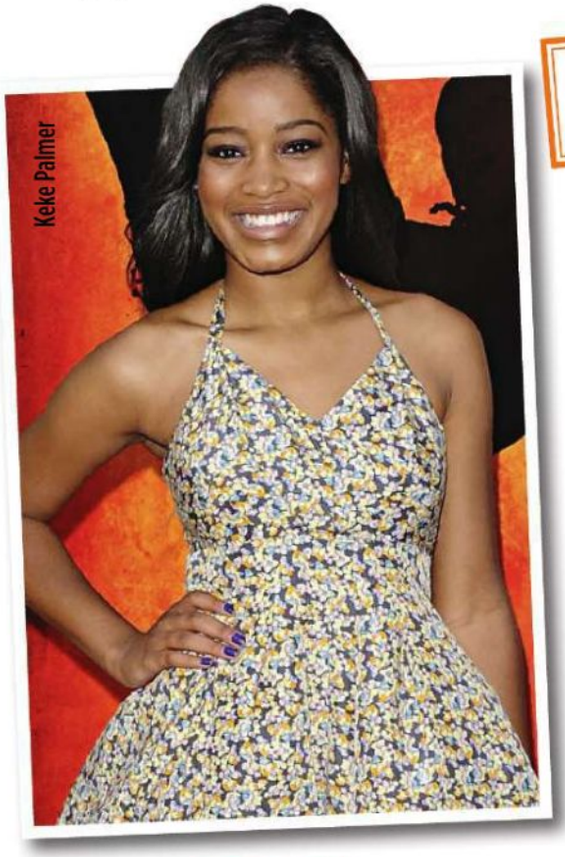
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the best bras for you!

Looking great in your clothes starts underneath—with the bra and undies that flatter your figure.



A CUP

LOOK FOR: light coverage that amps up your shape without looking fake.

everyday

It **has five hooks** in back, so it can be adjusted to fit even the tiniest rib cage.



bra
Sizes 34A–40D, Fruit of the Loom, $10, shopfruit.com

sporty

It's so soft and thin, it's practically weightless but still gives **plenty of support.**



bra
Sizes XS–L, Victoria's Secret PINK, $17, vspink.com

pretty

The demi cup is cut lower, so it **pushes you up** to create just a little bit of cleavage.



bra
Sizes 32AA–38DD, Aerie, $35, aerie.com

special

Even small busts need a little shape under a tricky neckline. This convertible option **starts at 30AA.**



bra
Sizes 30AA–36A, Lula Lu, $56, lulalu.com

B CUP

LOOK FOR: comfy support and just a touch of padding to give you shape.

everyday

This push-up is **filled with air** so it's super-light and looks natural.



bra
Sizes 32A–36D, Calvin Klein Underwear, $48, Bloomingdale's

sporty

Mesh side panels **hold you in place** without flattening you out.



bra
Sizes XS–XXL, Old Navy, $15, Old Navy stores

pretty

This **no-underwire bra** has seamed panels that actually give support.



bra
Sizes S–L, Cosabella, $50, shop.cosabella.com

special

A **wide lace band** in front and back keeps this strapless version comfortably and firmly in place.



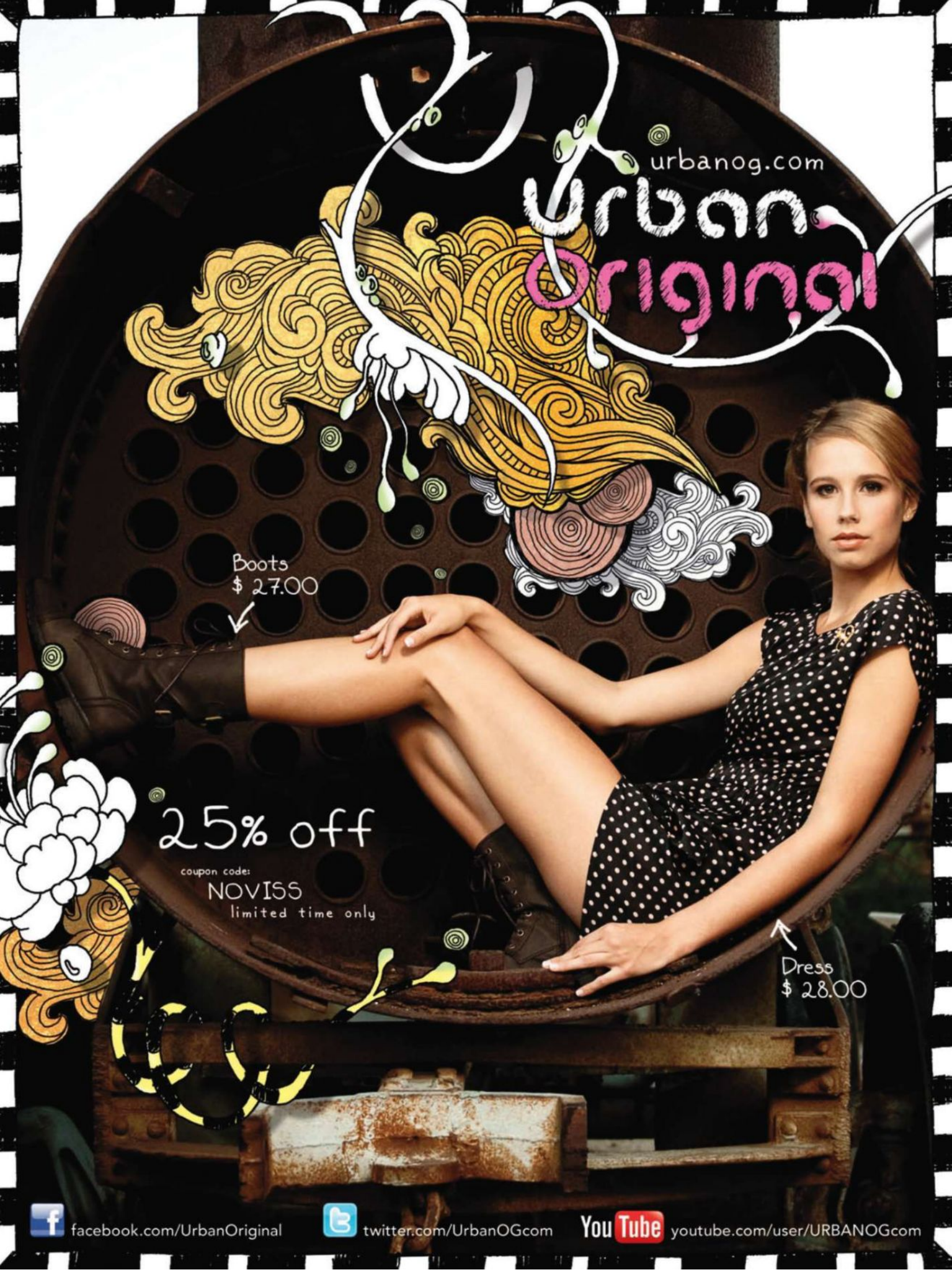
bra
Sizes 34B–38DD, Wacoal, $50, Nordstrom



SEVENTEEN.COM See celebs' bra traumas—and learn from their mistakes—at seventeen.com/bra

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TIDALDI FOR HALLEY RESOURCES. PALMER: JASON MERRITT/GETTY IMAGES. GOMEZ: JAMES DEVANEY/WIREIMAGE.

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C CUP

LOOK FOR: a bra that's cut higher, so you don't spill out of the cups.

everyday



It has molded cups that look **super-smooth** under a tee!

bra
Sizes 32A–38C, Flirtitude by JCPenney, $13, JCPenney

sporty



The **adjustable straps** give you customized support!

bra
Sizes XS–XL, Nike, $60, Niketown stores

pretty



Double straps are great because the outside one holds you in while the inside one **holds you up.**

bra
Sizes 32B–36DD, DKNY, $38, Bloomingdale's

special



It's cut like a **tank top** in the back, so it's soft and comfy (no digging!) but still supports you in the front.

bra
Sizes 32A–38D, Assets by Sara Blakely, $32, Target stores

D CUP

LOOK FOR: structured bras that allow you to move (and breathe!).

everyday



It has a wider back with a **three-hook closure** (most bras have only two!) so it stays in place really well.

bra
Sizes 32C–42F, Frederick's of Hollywood, $34, fredericks.com

sporty



Amazing foam cups **keep your breasts** from bouncing around!

bra
Sizes 34C–38DD, Jockey, $38, jockey.com

pretty



It's super-thin and looks delicate but is lined with a strong, nonstretch fabric that **seriously supports.**

bra
Sizes 30D–40G, Parfait by Affinitas, $42, herroom.com

special

With a **moisture-wicking band** and a breathable lining, it's the perfect dancing bra!



bra
Sizes 32B–36DD, Donna Karan, $74, Bloomingdale's



undies for every outfit

With these four styles in your drawer, you're covered!



boy-cut

WEAR IT WITH: miniskirts



undies
Sizes XS–L, Hanky Panky, $29, hankypanky.com

hipster

WEAR IT WITH: low-cut jeans



undies
Sizes S–XL, Jenni, $8, Macy's

seamless

WEAR IT WITH: leggings



undies
Sizes XXS–XXL, Aerie, $13, aerie.com

thong

WEAR IT WITH: skinny pants



undies
Sizes S–XL, Cosabella, $20, shop.cosabella.com

MICHALKA: FRAZER HARRISON/GETTY IMAGES. KARDASHIAN: JASON LAVERIS/FILMMAGIC. McCORD: ALBERTO E. RODRIGUEZ/GETTY IMAGES FOR VH1.

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$20 **mini MP3 player**
JCPenney, $20, jcp.com

$17 **bag**
American Apparel, $17, americanapparel.net

hot body, cool price!

$20 & UNDER

Getting ready to work out has never looked so good—or cost so little.

$11 **sports bras**
Sizes XS–L, Forever 21, $11 each, select Forever 21 stores

$14 **hoodie**
Sizes S–XL, Soffe, $14, soffe.com

ASHLEY GREENE

$12 **socks**
Pink Cookie, $12 for four pairs, Sears

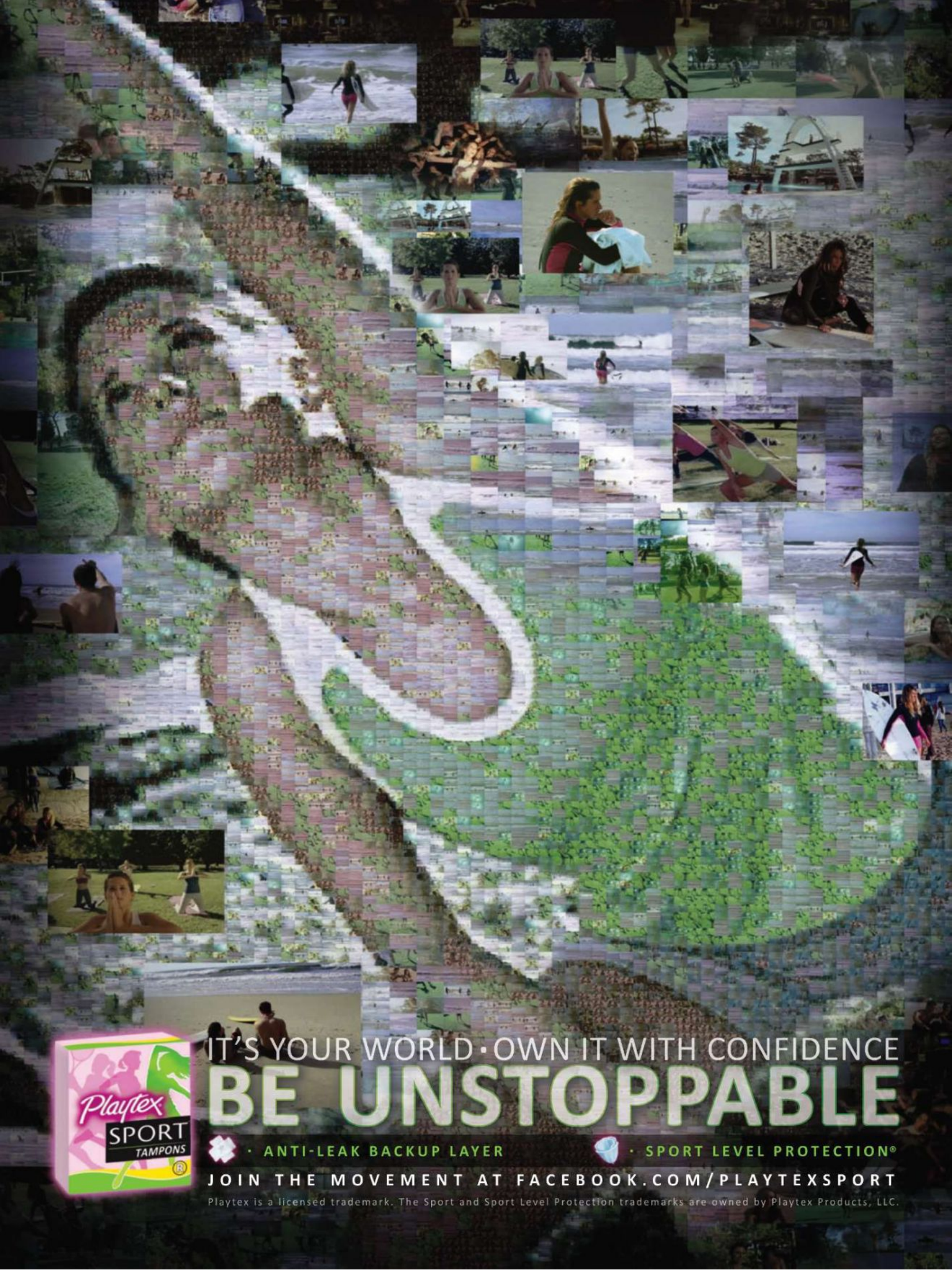
$17 **pants**
Sizes XS–L, Forever 21, $17, select Forever 21 stores

$18 **watch**
AMI Clubwear, $18, amiclubwear.com

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. GREENE: MATT SYMONS, PACIFICCOASTNEWS.COM.

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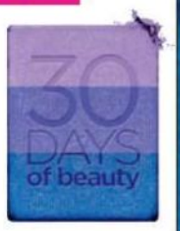
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dermalogica clean start



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the new curvy-girl rules

These fashion bloggers have amazing style and rockin' curves—and they know exactly how to work them together.

her blog:
YOUNG AND FAT Fabulous

youngfatandfabulous.com
NAME: Gabi
AGE: 24
STYLE VIBE: city cool
WHERE I SHOP: H&M, Forever 21, and Asos





GO FOR LEGGINGS

"I've heard leggings make curvy girls look out of proportion—that's crazy! I just balance them with something loose on top."

SHOW OFF YOUR LEGS

"I love flowy shorts, but I add a blazer to give them some structure. And of course, heels to make my legs look great!"



TRY WHITE

"I wear white a lot, but too much of it can make you look shapeless. So I stick to minidresses with interesting details."



ADD TEXTURE

"Don't be afraid of layers. As long as they are different textures—like a silky top with faux fur—they won't look bulky!

vest Sizes 1X–4X, Old Navy, $37, oldnavy.com.
shirt Sizes 0–5, Torrid, $38, Torrid stores.
necklace Urban Original, $10, urbanog.com.

her blog:
CurvyGirlChic

curvygirlchic.com
NAME: Allison
AGE: 23
STYLE VIBE: laid-back
WHERE I SHOP: Macy's, Torrid, and Etsy



LAYER A FEW LENGTHS

"With a long top and leg-lengthening shorts, you can look long and chic in a cropped jacket."



ADD COLOR

"I love pops of color—as long as you don't mix too many brights together, you still look sleek!"



PLAY WITH PRINTS

"Prints are fun, but it's important to pair them with clean shapes to keep it simple."



WEAR STRIPES

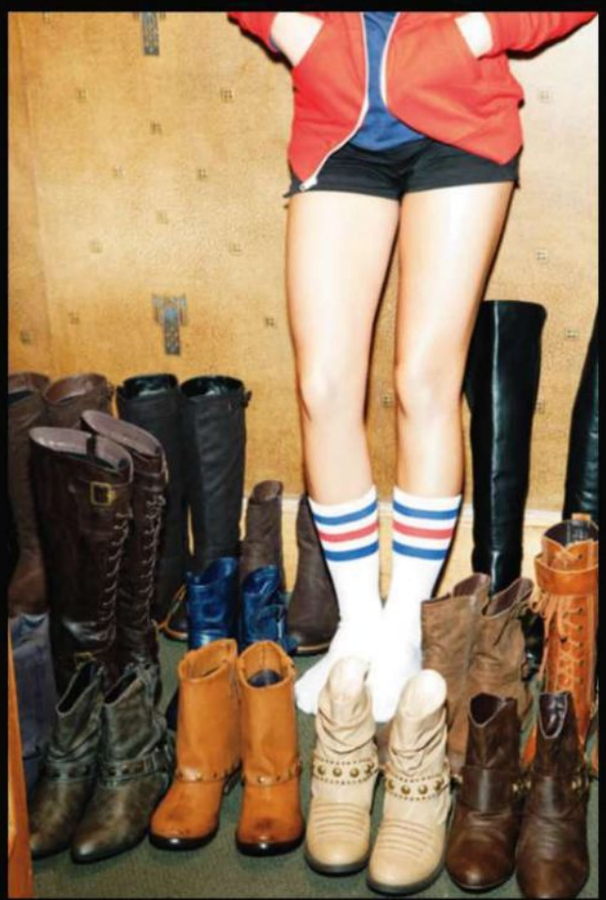
"People say horizontal stripes make you look larger, but it's all about proportion—thin stripes can complement your figure if the fit is snug."

cardigan Sizes XL–3X, Faith 21, $17, select Forever 21 stores

STILL LIFES: RICHARD MAJCHRZAK/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

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celeb secret weapons

When the stars want to make their bodies look great, they turn to these sneaky staples over and over again. Now you can steal their tricks!

jessica's weapon: CROPPED JACKET

The nipped-in cut gives her a great hourglass.

Contrast a full, flouncy skirt with the narrow jacket, so your waist looks smaller.

Use it to add shape to a slouchy Saturday look.

Give a polished skirt and top a laid-back edge. (And pop the collar to frame your face!)

Jessica Szohr

hilary's weapon: BLACK LEGGINGS

They highlight and lengthen her legs!

Pair them with a belted button-up for a sexy look.

Wear them with a dark color on top to make you seem super-tall.

Under a long, flowy tank, they give your figure a flirty shape.

Hilary Duff

rihanna's weapon: CUTOUT DRESS

A fitted shape and strategic cutouts highlight her curves!

For a big night out, rock the hourglass look with a sheer panel—it subtly shows off your middle.

A tank dress with cutouts near the bust highlights your upper body.

A cottony cutout dress with long sleeves shows a peep of skin.

Rihanna

SZOHR, FROM TOP: NEILSON BARNARD/WIREIMAGE FOR SUNGLASS HUT; JACK LUDLAM/BAUERGRIFFINONLINE.COM; PASCAL LE SEGRETAIN/GETTY IMAGES.
DUFF, FROM TOP: MICHAEL BUCKNER/GETTY IMAGES; BRYAN BEDDER/GETTY IMAGES; DR. BILLY INGRAM/WIREIMAGE. RIHANNA, FROM TOP: JACKSON LEE/SPLASH NEWS; MVP/X170NLINE.COM; IGNAT/BAUERGRIFFINONLINE.COM.

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sweater Sizes XS–XL, Long Tall Sally, $65, longtallsally.com

awesome site for tall girls!

LONGTALLSALLY.COM

Tall girls rejoice: no more too-short sleeves or jeans that look cropped! At this site, **pant lengths** go to 38", and the **sleeves** go to 28"!

boots that fit your calves!

TORRID

You might not think to shop here if you're not plus-size, but Torrid has a secret stash of the best boots for curvy calves in every style (including of-the-moment over-the-knee boots)!



boots Sizes 7–12, Torrid, $68, Torrid stores

jeans that love your curves!



slight curve Sizes 24–34, Levi's, $70, levi.com

demi curve Sizes 24–34, Levi's, $70, levi.com

bold curve Sizes 24–34, Levi's, $70, levi.com

LEVI'S

Not all bodies are built the same, so Levi's created Curve ID jeans. Every fit and size comes in three **different curves** that hug your body perfectly—they won't pinch your thighs or flatten your butt!

REAL-GIRL PHOTO: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: ERICA WHELAN FOR NARS COSMETICS. ON ALEX: TIGHTS, HUE. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

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beauty



HOW-TO:
To frame your eyes in a dramatic way, apply your favorite icy shadow on lids and along lower lashlines. Then add a teal-blue shade in a sideways-V shape around your outer corners. Balance the cool blue with warm pink cheeks and neutral lips.

CRAZY FOR *color!*

Rock your favorite color in one of this season's bright new trends! Just pick a shade and learn how to make it work for *you.* BY meredith gray

MAIN PHOTOS: FERNANDO MILANI. FASHION STYLIST: ANNEBET DUVALL. HAIR: JOHNNY LAVOY. FORD ARTISTS NYC. MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. MANICURE: LISA LOGAN AT ARTISTS BY NEXT. ON MODEL: SCARF, LAILA ROWE; EARRINGS, STYLIST'S OWN.

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blue

Switch up your usual blue shadow for one that has a touch of teal in it—this brighter, bolder hue pops against your skin!

FIND *YOUR* SKIN TONE

DEEP
try: Jesse's Girl Pure Pigment Eye Dust in Blue Moon, $4, jessesgirl cosmetics.com

GOLDEN
try: Urban Decay Cream Shadow in Radium, $17, urbandecay.com

FAIR
try: Maybelline New York Eye Studio Color Pearls Marbleized Eye Shadow in Tantalizing Teal, $7, drugstores

OLIVE
try: Mattese Elite Frost Eye Shadow in Hypnotic Blue, $12, rickysnyc.com

BEIGE
try: Make Up For Ever Aqua Cream in #21, $22, Sephora stores

BRONZE
try: Rimmel London Glam'Eyes Mono Eye Shadow in Celestial Sapphire, $4, drugstores

3 *OTHER* WAYS TO WEAR IT:



eyeliner!

For a flash of color when you blink, use this creamy pencil to draw a thick line across your top lashlines!
try: CoverGirl LiquiLineBlast Eye Liner in Blue Boom, $9, drugstores

lip gloss!

This tint goes on super-sheer (and it tastes like blueberry). The hint of blue also helps your teeth look whiter.
try: Rue Beauté Lip Candy in Blueberry Yum, $2, Rue21 stores



mascara!

Blue mascara counteracts redness to make your eyes look big and bright. This formula contains vitamin E and jojoba oil to thicken each lash.
try: Urban Decay Big Fatty Colored Mascara in Electric Blue, $17, Sephora stores



SEVENTEEN.COM Try on tons of fun new makeup colors at seventeen.com/salon

pink

FIND *YOUR* SKIN TONE

BRONZE
try: Priti NYC Polish in Hardy Water Lily, $13, pritinyc.com

BEIGE
try: Sally Hansen Insta-Dri Nail Color in Speedy Sunburst $5, drugstores

OLIVE
try: Borghese Nail Lacquer in Paradiso Pink, $8, drugstores

The ultimate girly color gets a punky twist when paired with black—try the combo in a reverse French manicure to make nails look longer.



HOW-TO:
Add fun to your fingertips by layering two coats of pink polish and letting it dry. Then use a black nail-art pen to create the half-moons.
try: Sally Hansen Nail Art Pen in Black, $8, drugstores

GOLDEN
try: Essie Nail Polish in Pansy, $8, essie.com

FAIR
try: Sonia Kashuk Nail Colour in Tickled Pink, $5, Target stores

DEEP
try: OPI Nail Lacquer in Ladies & Magenta-men, $9, ULTA stores

3 *OTHER* WAYS TO WEAR IT:



eyeliner!
A swipe of this pale pink liquid liner on top lashlines gives your lids a cool icy effect.
try: Tokidoki Perfetto Eyeliner in Donutella, $16, Sephora stores



blush!
Stash these pigmented sheets in your bag—just press them to your cheeks to perk up your skin!
try: Mai Couture Blush Papier in Prettyful, $15 for 50 sheets, maicouture.com

lip crayon!
If pink is already a go-to shade for your lips, switch up your look by coloring them in with a chunky pencil. You'll get a bright pop of color!
try: Hard Candy Visibly Wet Shockingly Glossy Lip Pencil in Kitten, $6, Walmart stores



ON MODEL: TOP, STYLIST'S OWN; EARRINGS, GORJANA.

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OLYMPIC MEDALIST, TRACK & FIELD, USA

FIND *YOUR* SKIN TONE

BRONZE
try: L'Oréal Paris Infallible Never Fail Lipgloss in Rebel Red, $10, drugstores

OLIVE
try: NP Set Lip Gloss in St. John, $15, Target stores

red

Put a playful spin on this classic: Choose a gloss that sparkles with flecks of glitter to light up your entire face!



HOW-TO:
Slick on two layers of gloss for major shine—but don't rub your lips together! Leaving it alone will keep the glitter evenly distributed on your lips.

GOLDEN
try: Victoria's Secret VS Makeup Lip Gloss in Hottie, $10, victoriassecret.com

DEEP
try: MAC Cosmetics Tinted Lipglass in Russian Red, $15, maccosmetics.com

FAIR
try: Sally Hansen Diamond 12 Hour Lip Treatment in Solitaire, $7, drugstores

BEIGE
try: Milani 3D Glitzy Glamour Gloss in In Vogue, $7, drugstores

3 *OTHER* WAYS TO WEAR IT:



blush!
A sheer red cheek tint gives you the perfect naturally rosy flush!
try: Tarte Natural Cheek Stain in Natural Beauty, $30, Sephora stores



lip stain!
This is a felt-tip pen to help you apply a totally precise swipe of long-lasting color.
try: Maybelline New York Color Sensational Lip Stain in Cranberry Crush, $7, drugstores



nail polish!
The chunks of glitter in this shimmery polish add an edgy textured look to your nails.
try: Nicole by OPI Nail Lacquer in Spark My Mistletoe, $7, Target stores

ON MODEL: SCARF, JCPENNEY.

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teal eyeliner

EDGY



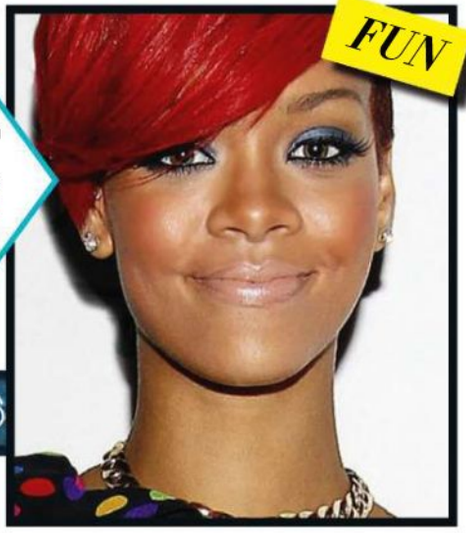
Try a sexy, **smoky undereye:** Line your bottom lashlines and inner corners, then blend.

Use your liner as a shadow and swipe over entire top lid for a **bold pop of color.**



try: Pop Beauty Cat Eyes Liner in Tasty Teal, $16, popbeauty.co.uk

FUN



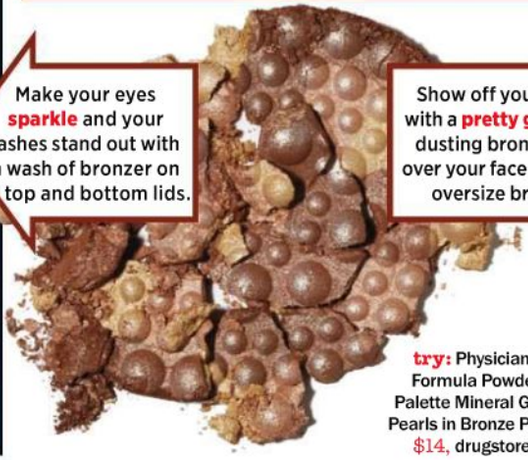
shimmery bronzer

NATURAL



Make your eyes **sparkle** and your lashes stand out with a wash of bronzer on top and bottom lids.

Show off your skin with a **pretty glow** by dusting bronzer all over your face with an oversize brush.



try: Physicians Formula Powder Palette Mineral Glow Pearls in Bronze Pearl, $14, drugstores

FLIRTY



coral cream

GLAM



Play up your lips by smoothing on two coats for a juicy terra-cotta stain.

Add the perfect **rosy flush** to your skin by blending this cream on the apples of your cheeks.

try: Stila One Step PrimeColor in Capri Coral, $22, stilacosmetics.com



SWEET



STILL LIFES: J. MUCKLE/STUDIO D. RIHANNA: (EDGY) FLORIAN SEEFRIED/GETTY IMAGES; (FUN) CHRISTOPHER POLK/GETTY IMAGES FOR DRAI'S HOLLYWOOD. LIVELY: (NATURAL) GARY GERSHOFF/WIREIMAGE; (FLIRTY) THEO WARGO/WIREIMAGE. DOBREV: (GLAM) JEAN BAPTISTE LACROIX/WIREIMAGE; (SWEET) BRYAN BEDDER/GETTY IMAGES.

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MAKE
YOURSELF
FIT
GET FIT. NIKE FREE XT
START WITH YOUR FEET, AND GET FIT FROM THE GROUND UP.
INSPIRED BY NIKE FREE TECHNOLOGY, NIKE FREE XT QUICK FIT
FLEXES AND RESPONDS TO YOUR FOOT'S NATURAL MOTION
AS YOU WORK OUT, FOR A MUSCLE-IGNITING, HEAD-TURNING,
UNSTOPPABLE YOU.
NIKEWOMEN.COM

your beauty wishes granted!

Don't just pray for beauty miracles—make them happen with these new products! BY molly ritterbeck



wish #1:

perfect nails!

Bye-bye, chips and smudges! Hit the salon and ask for the new gel mani that uses UV lamps to set your color so it lasts up to two weeks!

try: OPI Axxium Soak-Off Gel Lacquer, price varies based on salon, opi.com for salons

wish #2:

NO SPLIT ENDS!

This new conditioning treatment is super-smart because it finds the weak and damaged parts of your hair (like dryer-fried ends) and focuses on strengthening and repairing them. Use one tube to smooth onto wet hair, from roots to ends, adding more to dry ends. Leave in for 5 minutes, then rinse.

try: Pantene Pro-V Medium-Thick Hair Solutions Professional Level Damage Repair Ampoules, $8, drugstores





wish #3:

MELTPROOF LINER!

You'll never have to touch up smudged liner again! This long-wear pencil has the rich pigment and staying power of a gel eyeliner but in a pencil to make it easy to use!

try: Tarte EmphasEyes Aqua-Gel Eyeliner in Navy, $18, tarte.com



wish #4:

longer lashes!

Get fuller, amazingly long lashes by using this vitamin-rich mascara every day! It has biotin and keratin to promote hair growth and to keep your lashes from breaking.

try: Rimmel London Lash Accelerator Mascara in Black, $10, drugstores



wish #5:

FLAWLESS SKIN!

Get your clearest skin ever with this cool gadget—it vibrates to help loosen gunk from your pores to make your acne treatment *really* sink in, so your skin will be zit-free!

try: Bliss 'Pore'-fector Gadget, $185, blissworld.com



"PERFECT NAILS!" PHOTO: AKOS SIMON. FASHION STYLIST: MEGAN ROSS. HAIR: SARAH POTEMPA AT THE WALL GROUP. MAKEUP: TINA TURNBOW. MANICURE: LISA LOGAN AT ARTISTS BY NEXT. "LONGER LASHES!" PHOTO: FERNANDO MILANI. FASHION STYLIST: ANNEBET DUVALL. HAIR: JOHNNY LAVOY. MAKEUP ARTISTS NYC. MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. STILL LIFES: J. MUCKLE STUDIO D.

SEVENTEEN.COM Get expert advice to all your beauty questions at seventeen.com/getadvice.

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Bigger protection than you think.

Tampax Compak Pearl® stops leaks better than U by Kotex®*
with a smaller, more discreet applicator.

Outsmart Mother Nature



Full-size protection. Only cuter.

*Compak Pearl® regular has a smaller applicator and stops more leaks vs. U by Kotex® regular. Claim based on a 2010 test conducted by P&G Research & Development.



the perfect makeup for everyone

Take the guesswork out of picking the right shade. These new products adjust to flatter every skin tone! BY molly ritterbeck



LIPSTICK

Choose your favorite color, then swipe it on! It morphs into a shade that complements your lips' natural undertones.

try: DuWop Private Lipsticks in Red, Nude, and Plum, $22 each, sephora.com



POWDER BLUSH

To make your cheeks pop, use a fluffy brush to dust on this pretty pink blush. It reacts with your skin's chemistry for a one-of-a-kind glow.

try: Stila Custom Color Blush, $20, stilacosmetics.com

Wear this at night for a sultry look!



LIP GLOSS

This gloss glides on black at first, then it turns into a personalized berry hue!

try: Smashbox O-Gloss Noir, $22, Sephora stores

Blend it really well so the color looks even!



FOUNDATION

This foundation has a built-in primer and light-reflecting particles to give any skin tone a bright and flawless finish.

try: Wet n Wild Intuitive Blend Shade Adjusting Foundation + Primer, $6, drugstores



CREAM BLUSH

Blend this on the apples of your cheeks in a circular motion—as you rub it in, the pigment beads burst and the pale creamy color turns into a healthy rosy tint.

try: Mally Couture Color Custom Blush in Rose, $25, mallybeauty.com

MAIN PHOTO: WENDY HOPE/STUDIO D. SITTINGS EDITOR: BETSY MCLINN. HAIR: ALBERTO FOR TRESEMMÉ AT JUDY CASEY, INC. MAKEUP: JANEIRO FOR DIOR BEAUTY AT JUDY CASEY, INC. STILL LIFES: J MUCKLE/STUDIO D.

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cleanstart.dermalogica.com/17.

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ULTA REGIS SALON

pretty [STYLED]

You're invited to start experimenting with these three new styles so you can be on-trend for the upcoming party season. **Pantene Pro-V Nature Fusion Smooth Vitality Collection** includes naturally-derived ingredients and gives your hair the strength and protection it needs for everyday styling. Check out these "how-to" tips from **Pantene's Celebrity Stylist, Danilo**.



get THE LOOK

The Perfect Posh Pony

1 Wash and condition hair with **Nature Fusion Smooth Vitality Shampoo and Conditioner**.

2 Use a wide-tooth comb to work a quarter sized amount of **Nature Fusion Smoothing Crème** into your hair, starting at the roots all the way to the tips, and blow-dry hair with a skeleton brush.

3 Pull hair back into a ponytail at the middle of your head and secure with a rubber band, leaving one half-inch strand free from the ponytail.

4 Wrap the half-inch strand around the rubber band, covering it. Secure the tips of this strand under the ponytail with a bobby pin.

5 Brush through the ponytail, flipping the ends outward to give them a bit of bounce and finish with **Fine Hair Style Touchable Volume Hair Spray**.

Cassia is a special ingredient derived from plants grown in India and helps Nature Fusion shampoos provide conditioning benefits such as smoothing and damage protection.

More at ebook-free-download.net or magazinesdownload.com

get THE LOOK



The Sophisticated Wave

1 Wash and condition hair with **Nature Fusion Smooth Vitality Shampoo and Conditioner** and spray hair with **Medium-Thick Hair Style Flowing Body Mousse**, working it through your hair with a skeleton brush.

2 Separate hair into 8-10 two inch sections. Starting with the top middle section of your head, place tips of the hair over a large Velcro roller and roll the hair up to the scalp. Repeat down the middle of your head and down both sides.

3 Blow-dry hair and remove rollers, starting with the bottom layer. Brush through hair with a flat brush, creating waves within the hair and work fingers through your hair three inches from the scalp, exposing the roots. Blow-dry roots with a blow-dryer on low heat.

4 Help seal this look with **Medium-Thick Hair Style Anti-Humidity Hair Spray**.



get THE LOOK

The Party Braid Updo

1 Wash and condition hair with **Nature Fusion Smooth Vitality Shampoo and Conditioner**.

2 Fill your palm with **Nature Fusion Smoothing Crème**, and work the crème through hair, scrunching as you move from root to tip. Blow-dry hair completely.

3 Use the pick end of a steel comb to create a part on the right-hand side of your head. With the part still intact, separate the top layer of your hair and clip it out of the way.

4 Gather the rest of your hair into a ponytail, securing with an elastic. Then, pull small sections up towards head and pin.

5 Unclip the sectioned-off top layer of your hair, braid it to the left side of your head, and pin.

6 Finish with **Fine Hair Style Lasting Volume Hair Spray** to help hold your style.

Pantene Pro-V Nature Fusion Smooth Vitality Collection

The Smooth Vitality Collection transforms frizzy hair to a silky and smooth texture, while strengthening your hair against styling damage. The collection is formulated with a blend of cassia, avocado, bamboo, and grapeseed extracts and includes a shampoo, conditioner, and leave-in treatment.





17 FYI White tips on the ends of your hair means you have split ends that need trimming.

TAKE THIS QUIZ!

the #1 hair mistake (you'll never make again)

If you're using the wrong products, your hair can't live up to its potential. So get to know your hair type—then make it look amazing!

BY meredith gray

1 How long does it take your hair to air-dry?

- ☐ LESS THAN AN HOUR
- ☐ A COUPLE OF HOURS
- ☐ ALMOST ALL DAY

2 How many times can you wrap an elastic around your pony?

- ☐ FOUR OR MORE
- ☐ TWO TO THREE
- ☐ ONCE



3 How do your roots look when you part your hair?

- ☐ FLAT AGAINST MY SCALP
- ☐ SLIGHTLY LIFTED
- ☐ MY HAIR IS DIFFICULT TO PART

4 How long can you go without washing before it gets greasy?

- ☐ LESS THAN ONE DAY
- ☐ ONE TO TWO DAYS
- ☐ THREE OR MORE DAYS

Mostly orange? Your hair is:

FINE

You have the soft baby-fine hair that some girls dream of! But you need products that add volume all over and protect your fragile hair so it doesn't break and split when you style it.

Mostly pink? Your hair is:

MEDIUM

Your lush locks hold any style easily—but curling, blow-drying, and flat-ironing take a toll. Use products that return the moisture and shine your hair loses from all that torture.

Mostly red? Your hair is:

THICK

You've never had a flat hair day in your life! You may fight frizz on a daily basis, but new products with smoothing ingredients will maintain your hair's body while keeping it sleek and shiny.

MAIN PHOTO: WENDY HOPE/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: ALBERTO FOR TRESEMMÉ AT JUDY CASEY, INC. MAKEUP: JANEIRO FOR DIOR BEAUTY AT JUDY CASEY, INC. STILL LIFES: J MUCKLE/STUDIO D. FANNING: JON KOPALOFF/FILMMAGIC. GREENE: STEVE GRANITZ/WIREIMAGE. RIVERA: JASON MERRITT/GETTY IMAGES.

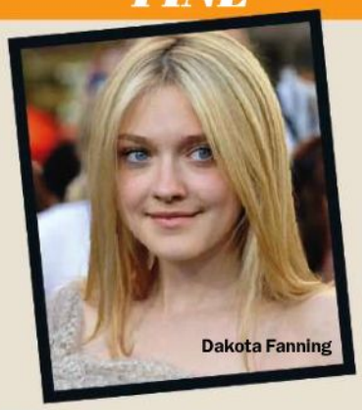
17 EXPERTS: Hallie Bowman, celebrity stylist for Pantene Pro-V; **Oribe,** celebrity stylist; **Natasha Sunshine,** Pureology Colour Ambassador and owner of Byu-ti/Pureology Salon in Santa Monica, CA.

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THE RIGHT PRODUCTS FOR YOU

FIND YOUR HAIR TYPE

FINE



SHAMPOO/CONDITIONER



BUILD VOLUME

No more limp hair days! This clarifying set rinses away oil and product buildup that weighs hair down while fattening thin strands so roots stay up.

try: Avon Advance Techniques Volume Shampoo and Conditioner, $6 each, avon.com

TREATMENT



LIFT ROOTS

Spritz a leave-in thickening spray on just-washed hair to add volume at the crown. It also helps detangle your soft strands, which are prone to tough knots.

try: Bosley Professional Strength Volumizing & Thickening Nourishing Leave-In, $15, bosleypro.com

STYLER

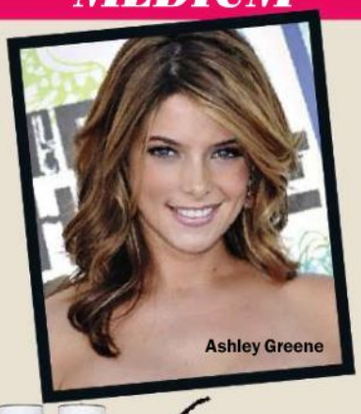


THICKEN STRANDS

For fuller hair all over, apply this volumizer from roots to ends before you style. It actually plumps up each strand as you blow-dry to create tons of body.

try: Pureology PureVolume ThickeningMist, $18, pureology.com for salons

MEDIUM



SHAMPOO/CONDITIONER



BOOST SHINE

Styling stress robs your hair of its glossy finish; harsh shampoos strip it further. This duo has honey and citrus oils that gently cleanse while adding shine.

try: Burt's Bees Super Shiny Grapefruit & Sugar Beet Shampoo and Conditioner, $8 each, drugstores

TREATMENT



REPLENISH MOISTURE

To get moisture back after days of heat styling, use a weekly deep conditioner containing keratin, which is a natural protein found in hair. It will smooth every strand to make it extra shiny and healthy.

try: Paul Mitchell Awapuhi Wild Ginger Keratin Intensive Treatment, $25, salons

STYLER

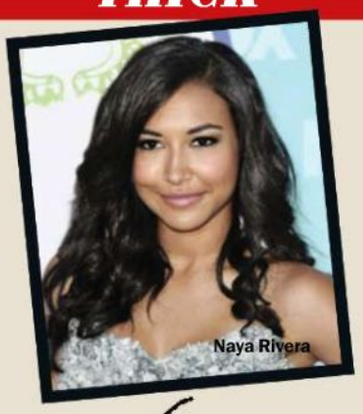


BLOW-DRY FASTER

This mist is like a primer for your hair! It fills in all of the rough spots along your hair shaft (making damage invisible), so you always get a smooth finish.

try: White Sands Porosity The Fix, $19, whitesandsproducts.com

THICK



SHAMPOO/CONDITIONER



GET SMOOTH

Thick hair is more porous than other types, so it gets tangled easily. Use a softening shampoo and conditioner to make it more manageable.

try: Pantene Pro-V Medium-Thick Hair Dry to Moisturized Shampoo and Medium-Thick Hair Frizzy to Smooth Conditioner, $5 each, drugstores

TREATMENT



ADD HYDRATION

Because your hair is prone to dryness, use a leave-in cream with avocado and grape seed oils—they moisturize while keeping flyaways under control.

try: Matrix Biolage Smooththérapie Deep Smoothing Leave-In Cream, $14, salons

STYLER



CONTROL FRIZZ

Whether you heat style your hair or let it air-dry, first apply a serum that contains silicone. It will weigh hair down so frizzies can't pop up.

try: SudzzFx Zenyth Frizz Eliminator, $18, hairflix.com

HOW MUCH PRODUCT DO YOU NEED?

actual size!



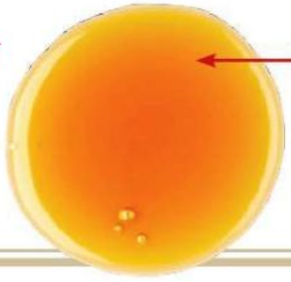
FINE

Too much of any product causes buildup, which flattens hair. For creams and gels, apply a dime-size dab from the middle of hair to the ends, avoiding the roots.



MEDIUM

Aim to use a blob the size of a nickel—it will tame flyaways without weighing down your hair.



THICK

Your hair absorbs product more easily, so use a quarter-size squirt to ensure you have enough to penetrate each strand.

SEVENTEEN.COM Try new styles for your hair type! Check out seventeen.com/hairideas

Dove

go fresh body mist and matching deodorant

Presents a Fresh Perspective from the Dove Deodorant Correspondent for *Seventeen* Marketing!

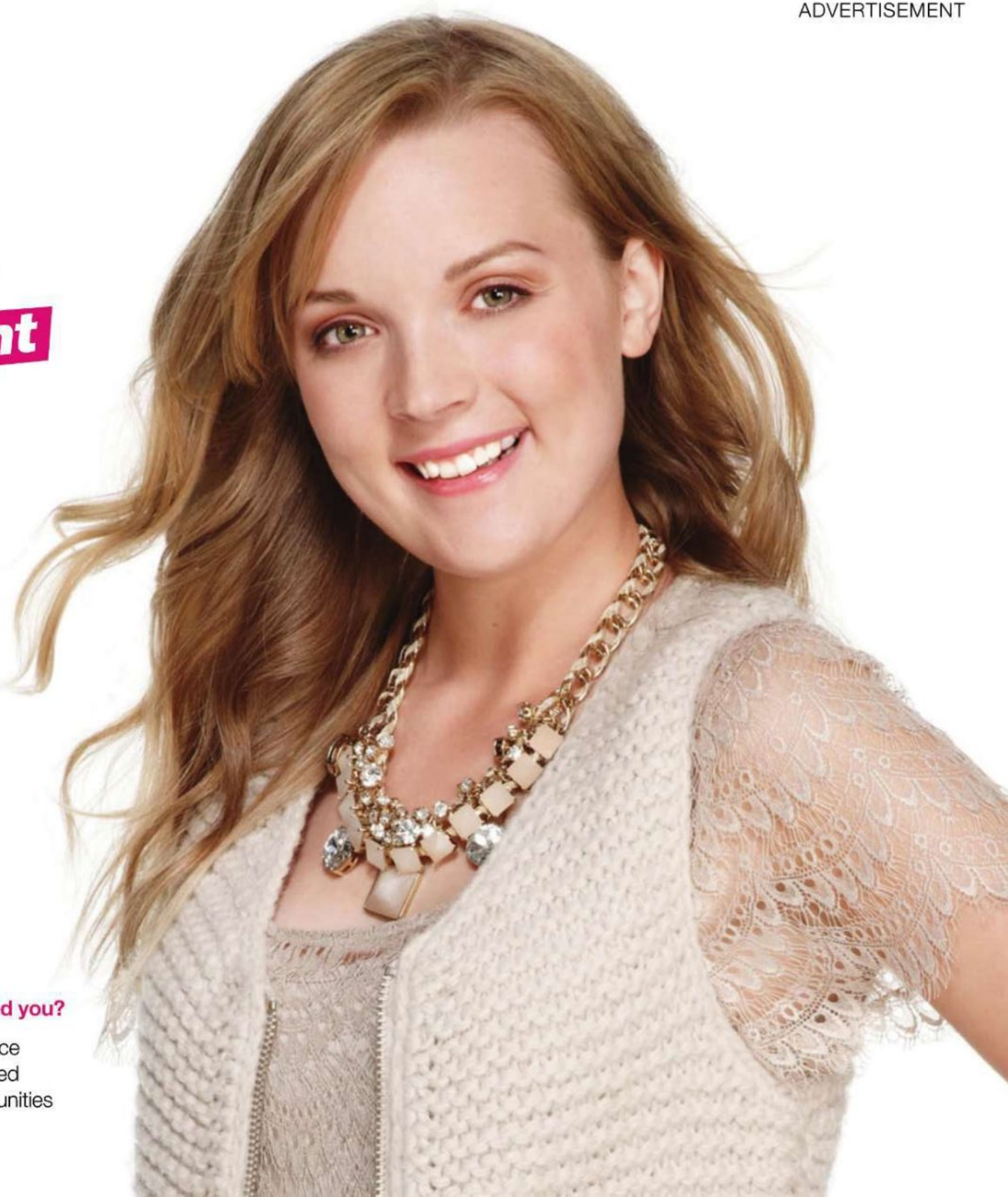
From her passion for fashion and family values to her joy in kicking back to play her ukulele, Maryssa has spent the past four months sharing her fresh perspective as a young California girl finding her way through the ups and downs of life. We asked Maryssa to tell us about her experience as the Dove Deodorant Correspondent for *Seventeen* Marketing.

Q: What memory stands out most when you look back on this experience?

A: The trips to NYC were definite highlights of my experience. I loved being with the other correspondents and getting a behind-the-scenes look at the magazine world. Sharing my fresh perspective with other girls, getting their feedback and connecting with them has also been thrilling.

Q: Have you learned anything about yourself that surprised you?

A: I've always had an optimistic outlook, but after this experience I feel much closer to getting to where I want to be. I have learned that my future is unlimited as long as I continue to seek opportunities and work hard.



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Q: How does Dove fit into your life now?

A: I start my day with Dove go fresh deodorant and keep the body mist with me so I can continue feeling fresh. It gives me a confidence boost and the scents leave me feeling revived.

Q: Do you have any words of advice for readers?

A: Don't be afraid to take a risk—even if it feels like the odds are stacked against you. Give it all you've got and see where life takes you, because you never know what could happen.

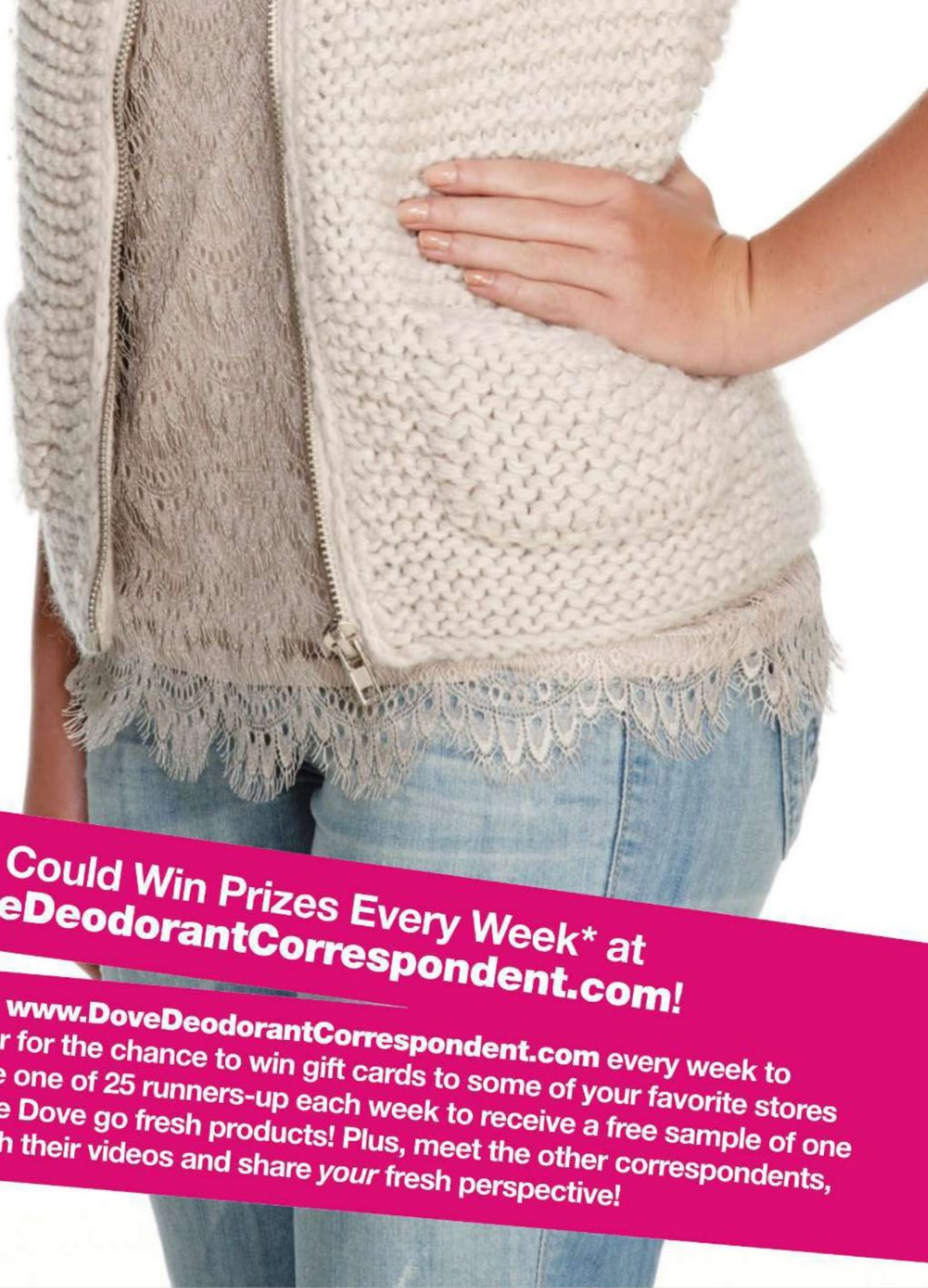
Both found in the deodorant aisle.



RUB HERE TO SMELL THE DOVE GO FRESH SCENT: REVIVE!

Dove go fresh Revive Body Mist and matching Deodorant in pomegranate and lemon verbena scent help you feel fresh all day.

*No purchase or payment necessary to enter or win. "Dove Deodorant Correspondent" Sweepstakes sponsored by Hearst Communications, Inc. To enter, go to **www.dovedeodorantcorrespondent.com** beginning July 6, 2010, at 12:00am (ET) and ending October 31, 2010 at 11:59pm (ET). Weekly sweepstakes start on Mondays at 12:00am (ET) and end Sundays at 11:59pm (ET). One weekly winner will win a prize valued up to $210. Additionally, 25 weekly runner-ups will win a sample valued up to $1. Must be 13 years old and a legal resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. For complete official rules go to **www.dovedeodorantcorrespondent.com**.



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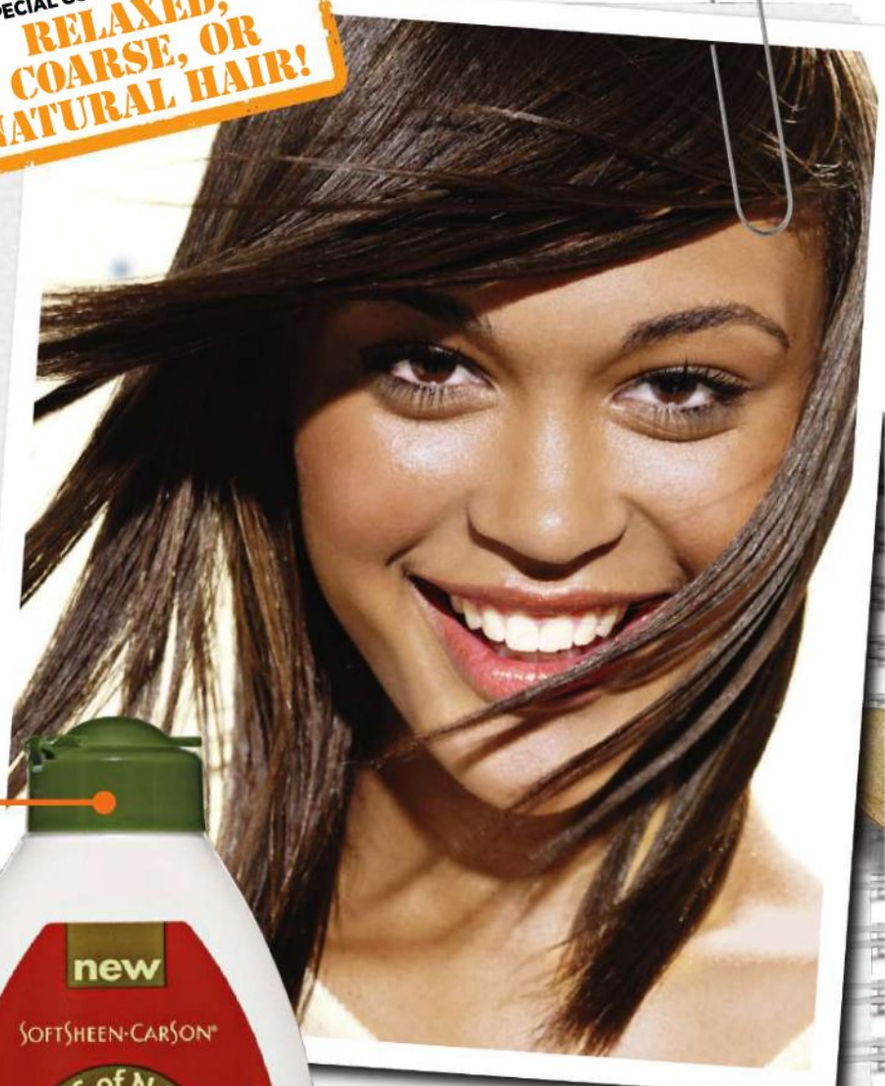
BEAUTY NOTEBOOK

A SPECIAL GUIDE FOR GIRLS WITH RELAXED, COARSE, OR NATURAL HAIR!

get your best hair ever!

Great hair doesn't have to be high-maintenance. Just use this cheat sheet and it will look pretty every day.

BY meredith gray



MAKE IT STRONG

Stop your fragile hair from breaking off by massaging this soothing moisturizer into your scalp and hair daily. It contains coconut, avocado, and sunflower oils, which nourish hair, helping it withstand heat tools and chemical treatments.

try: SoftSheen-Carson Roots of Nature Strengthening Oil Moisturizer, $7, drugstores

ADD SHINE

Don't settle for dull hair! Add a glossy finish with this mist—it has macadamia oil to smooth each strand, giving it movement and a pretty sheen.

try: Carol's Daughter Macadamia Weightless Shine Mist, $18, Sephora stores

GROW IT LONG

The key to mega-length is to keep hair hydrated. (Split ends and stubborn tangles make it break!) So fight back with a weekly treatment—this one contains shea butter and centella extract, which soften hair and stimulate growth.

try: Miss Jessie's Super Sweetback Treatment, $48 for 16 oz., Target stores



THE #1 SECRET TO HEALTHY HAIR: *a clean scalp!*

Many products that give you heavy-duty moisture also leave behind a lot of **buildup**—which can irritate your scalp and prevent healthy hair from growing. But a simple thing like using a **clarifying shampoo** once a week to break up that residue really can transform your hair!

PHOTOS: (MAIN AND SLEEK WAVES) ANAKOSARCHIVE.COM; (STRAIGHT STRANDS) JEFF TSE/STUDIO D; (SOFT CURLS) SABINE LEIWALD; (GO NATURAL) ONDREA BARBE. STILL LIFES: J MUCKLE/STUDIO D.

SEVENTEEN.COM See celeb tips and product recommendations for your hair type at seventeen.com/hairguide

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AMAZING TREATMENTS

Find the special treatment that will give you the hair of your dreams.

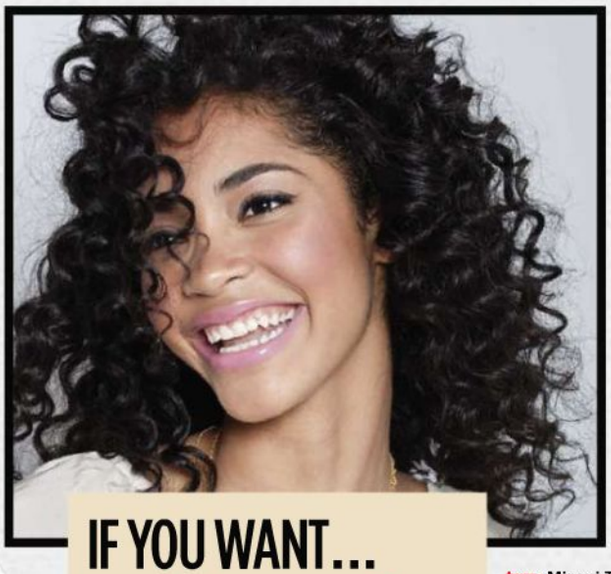


IF YOU WANT... straight strands

Experts recommend you see a pro if it's your first time relaxing. But for root touch-ups every six to eight weeks, you can use a gentle relaxer at home. This one is formulated without damaging lye, so roots stay soft and healthy.



try: Motions Silkening Shine Relaxer System Regular, $9, drugstores



IF YOU WANT... soft curls

For more manageable ringlets, use a moisturizing mask. Super-conditioning ingredients, like apricot and jojoba oils, melt away knots, making curls look silky and defined once they're dry.



try: Mizani True Textures Curl Replenish Intense Moisturizing Masque, $18, mizani-usa.com for salons

IF YOU WANT... sleek waves

Get a salon-smooth blowout at home with this cream—it loosens the natural kinks and curls in your hair, making it easier to style without permanently flattening your strands. It also blocks out style-wrecking humidity, so your sleek hair doesn't frizz!



try: Hair Rules Blow Out Your Kinks, $20, ULTA stores



SHOW OFF YOUR TEXTURE: go natural

- **DO** use a light conditioning spray to keep curls soft, springy, and defined. Heavier products will make your style look matted, droopy, and messy.
- **DON'T** brush your hair—it will break your sensitive strands and create frizz! Only comb hair when it's sopping wet, and avoid touching it until it's completely dry.

try: Urban Therapy Twisted Sista 30 Second Curl Spray, $5, drugstores

17 EXPERTS: Cynthia Alvarez, celebrity stylist; **Tippi Shorter,** celebrity stylist; **Ursula Stephen,** Motions celebrity stylist; **Jamika Wilson,** celebrity stylist.



GO CERAMIC!

To give her hair movement and texture, **Keke Palmer** uses a ceramic curling iron. It applies just the right amount of heat without damaging your hair.

try: Brazilian Heat Tourmaline Ceramic Curling Iron, $70, folica.com



GIVE YOUR HAIR A REST!

If you color *and* relax your hair like **Rihanna**, stagger your treatments. Do the color first, then follow with a relaxer no sooner than two weeks later.



GET GLOSSY!

For hair that shines like crazy, use a conditioner containing argan oil. (**Katerina Graham** likes this one!) It absorbs instantly, so every strand reflects tons of light.

CELEB SECRETS FOR AWESOME HAIR

How come their hair always looks flawless and smooth? Now you know their insider tricks.

try: Moroccanoil Intense Hydrating Mask, $33, moroccanoil.com for salons



STAY SMOOTH!

To get a perfectly sleek hairline, **Zoë Kravitz** uses this cool tool that combines a ceramic barrel and a comb to smooth the strands that are too tiny to grab with a flat-iron.

try: Rsession Tools Root Control, $180, rsessiontools.com



USE YOUR FINGERS!

For soft, pretty curls like **Beyoncé's**, don't scrunch your hair—it will just make them frizz! Instead, use your fingers like a big rake to distribute product through your hair, then twist pieces around your forefinger for definition.

PALMER: JORDIN ALTHAUS/WIREIMAGE. RIHANNA: JASON WEBBER/SPLASH NEWS. GRAHAM: RICK DIAMOND/GETTY IMAGES FOR MOET. BEYONCÉ: BRUCE GLIKAS/FILMMAGIC. KRAVITZ: JIM SPELLMAN/WIREIMAGE.

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Carmex Moisture Plus™ ultra hydrating lip balm.
Penetrating Vitamin E and aloe give your lips the ultimate in moisture. Moisture that's secretly packed into a sleek little slant tipped tube. Use it on its own, over lipstick or under. Ultra sleek. Ultra moisture. How's that for a superhero?



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Look for our promotions

GET KILLER



This crazy fun mix of kickboxing and martial arts moves from Branko Racki, who plans all the stunts on ***Nikita,*** will tone your body *fast.*



As the star of Nikita, Maggie Q does most of her own stunts, so she needs to stay strong and energized.

OPEN FOR WORKOUT MOVES!

PHOTO: ANNA PALMA. FASHION STYLIST: KRISTIN RAWSON AT SEE MANAGEMENT. HAIR: STACI CHILD AT DEFACTO FOR REDKEN/CUTLER SALON. MAKEUP: THORA AT KATE RYAN INC., FOR NARS COSMETICS. ON MODEL: SPORTS BRA, REEBOK; SHORTS, NIKE; WATCH, TOY WATCH; BANGLES, ALL YARA; SNEAKERS, NIKE. MAGGIE Q: CHELSEA LAUREN/WIREIMAGE.

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the secret to a kick-but



YOUR PERSONAL TRAINER

NAME: Branko Racki

LOCATION: Toronto, ON, Canada

CELEB HE WORKS WITH: Maggie Q

WHAT HE DOES: Teaches stunts and martial arts–inspired fight moves to the cast of *Nikita*

TRAINING TIP:

"This workout isn't about how fast you do the moves. For best results, focus on keeping your balance while you make slow, controlled kicks."

GET STARTED!

Begin with a 15-minute cardio warm-up (jogging, biking, skipping rope—your pick!), then move on to the strength workout. Do all four moves in a row without stopping between them, then rest for a minute or two. Repeat that circuit two more times!

1 LUNGE & HIT



A Start in a fighting stance with your legs slightly bent, feet shoulder-width apart, and fists up.

B Lunge with you with your left a to start. Do 10,

3 DUCK & STRIKE



TRAINING TIP:

"Your weight should be on your front leg (not your arms) as you kick."

Firms your butt and thighs!



A Stand, then duck to kneel on right knee with palms beneath shoulders.

B Kick your right leg up and straight out behind you (foot flexed). Return to standing. Do 10, then repeat on other side.

4 PU



A Punch your right arm straight out in front of your body.

B Now punch with le arm. (Repeat, so it right, left, right, le

TEAR OUT HERE!

Join Team Seventeen at seventeen.com/team1

STEP-BY-STEP PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: ERICA WHELAN FOR NARS COSMETICS. ON LUCY: BRA, AMERICAN EAGLE OUTFITTERS; PANTS, NIKE. STILL LIFES: (SWAG BAG) JESUS AYALA/STUDIO D. TRAINER PHOTO: COURTESY OF BRANKO RACKI.

GET KILLER



This crazy fun mix of kickboxing and martial arts moves from Branko Racki, who plans all the stunts on ***Nikita,*** will tone your body *fast.*



As the star of Nikita, Maggie Q does most of her own stunts, so she needs to stay strong and energized.

OPEN FOR WORKOUT MOVES!

PHOTO: ANNA PALMA. FASHION STYLIST: KRISTIN RAWSON AT SEE MANAGEMENT. HAIR: STACI CHILD AT DEFACTO FOR REDKEN/CUTLER SALON. MAKEUP: THORA AT KATE RYAN INC., FOR NARS COSMETICS. ON MODEL: SPORTS BRA, REEBOK; SHORTS, NIKE; WATCH, TOY WATCH; BANGLES, ALL YARA; SNEAKERS, NIKE. MAGGIE Q: CHELSEA LAUREN/WIREIMAGE.

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t body!

Need a little extra workout motivation? These moves will feel like fun, and in a few weeks, your bod will feel super-firm!

Tones your thighs, butt, and arms!



TRAINING TIP:

"For extra toning in your core area, concentrate on keeping your abs nice and tight as you punch."

r left leg and throw a punch
rm at the same time. Return
then repeat on other side.

2 LOAD UP & KICK

Shapes your legs and hips!



TRAINING TIP:

"The leg you balance on will feel the burn! Keep it strong and steady for faster results."

A Start in a fighting stance. Rotate your left foot so that your toes point left.

B Bring your left knee up to waist level at 90° to "load up" for your kick.

C Kick left leg to side with foot flexed so it's parallel to floor. Return to start. Do 10, then repeat with other leg.

NCH & BLOCK

Tightens your arms, abs, and sides!



. . . THEN BLOCK

ft
's
ft!)

C Bend right arm and bring elbow up to shoulder level.

D Twist at hips to throw elbow across body; repeat with left arm. Keep punching and blocking for 1 minute.

WIN A SWAG BAG!



These clothes from K-Swiss are fitted but stretchy too—so they'll move *with* your body while you exercise! Go to seventeen .com/freebies for a chance to win.

WORTH $297 TOTAL!

for support from other readers and exclusive access to Branko's weekly training tips!

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stress signals Hey, Selena: A headache may be your body's way of screaming, "Give me a break!"

sneaky signs you're stressed

17 FYI
If any of these symptoms lasts more than a week, see a doctor to rule out other problems. If it *is* stress, he or she can help you find the best ways to deal with it!

You may think stress is just a *feeling,* but it can actually hurt your health. Check yourself to get your body back on track. BY holly eagleson

THE SIGN	WHY IT HAPPENS
☑ stomach troubles	You might want to blame that greasy pizza for your tummy cramps, but it's probably not the root cause! Your bowels can act up in major ways when you're stressed, giving you constipation, **diarrhea, gas, or mega-bloat.** If you feel "crappy" on a regular basis, see your doc, who can prescribe the best treatment to keep your symptoms under control.
☑ bad headaches	You know how sometimes your brain feels like it's going to explode? Low-level stress that builds up in your body can actually **cause a dull pain or tight feeling across your forehead** for days. Sure, painkillers like ibuprofen are a quick fix, but until you de-stress, the pain will return. (Good news: These "tension headaches" often go away with regular exercise!)
☑ constant colds	Stress causes your immune system to take a beating, making it **too weak to fight off viruses** you come in contact with. Research shows that people with higher levels of long-term stress are about *twice* as likely to come down with a cold!
☑ pimply skin	When you're tense, your body produces a hormone that **makes your skin produce more oil**—so minor clogged pores can turn into *major* outbreaks.
☑ weight gain	Stress makes you **crave fatty foods** like cookies because they calm you down. It also causes your body to create a hormone called cortisol—which can turn that extra food to belly fat!



FEEL BETTER FAST!

These fun relaxation tricks will help you get rid of those annoying symptoms for good.

DANCE IT OUT



When you're all worked up, put on your favorite tunes and have a dance party in your room. Getting your body moving will relax tense muscles and boost levels of calming brain chemicals!

STRIKE A POSE

You'll deal with a crazy day better if you do this yoga trick before getting out of bed: Lie on your back, bend your knees so your feet are flat and wide apart, and let your knees fall in until they touch. Then put your palms together and press your thumbs between your eyebrows. Hold for at least one minute!

BREATHE DEEPLY

When you're anxious, your breathing gets faster and shallower, and less oxygen reaches your brain. Start thinking calmly and clearly again by doing this technique for two minutes: Inhale through your nose for a 1-2-3-4 count, then exhale 1-2-3-4 out your mouth. Ah—much better!

17 EXPERTS: Carl Pickhardt, Ph.D, an author and psychologist in Austin, TX; **Elizabeth Susman, Ph.D,** Jean Phillips Shibley professor of biobehavioral health at The Pennsylvania State University; **Marina Peredo, M.D.,** assistant clinical professor of dermatology at Mount Sinai Medical Center in New York, NY, and medical director of Spatiquemedicalspa.com.

SEVENTEEN.COM Share your stress relief tips at Seventeen.com/stress.

GOMEZ: HOT SHOTS WORLDWIDE/SPLASH NEWS. KARDASHIAN: DENISE TRUSCELLO/WIREIMAGE. COOKIES: LINDA LEWIS/FOODPIX/GETTY IMAGES.

SEX ED

the real deal about dirty movies

It's normal to wonder about sex, but turning to porn for answers may mess with your head. BY kim tranell



x-rated vision Yikes! Porn can make you feel weird and turned on and confused all at once.

82% of you have looked at porn. (The #1 reason: You were curious about sex.)

Is it bad to look at sex online?

With millions of porn Web sites out there, it's hard to avoid clicking on a sexy video at some point. (You don't even have to be trying to find one!) But while those clips show people having sex, they can warp your sense of what's real. **That's because porn is often degrading and dangerous—** people have sex without condoms, the men are almost always in control, and the women are sometimes mistreated or called names. In real life, that's *never* okay. Plus, porn sex is totally artificial: The scenes are scripted and edited. And it can make some pretty kinky stuff look like the norm, as if every girl out there is willing to do *anything* a guy wants. (And no, that's not real either!)

Do guys expect girls to act like porn stars?

Some guys might, but you can spot them: They're the same immature guys who make lewd comments about "doing it" or brag or lie about their hookups! Remember, porn stars are acting, so most of what you see isn't real. (Think about it: The noises and facial expressions are all exaggerated, and the actresses' bodies are often surgically enhanced too!) A smart guy will know that in real life, sex is a big decision between two people—not a show or performance.

Why are guys so obsessed with it?

Most guys seek out porn because they're just as curious and nervous about sex as you are. They feel a lot of pressure to be experts, and porn helps them feel more educated. (It's not that they're necessarily picking up pointers, but they say that the more they watch, the more confident they feel hooking up.) Still, the truth is, guys' brains and bodies are wired to make them more interested in porn once they discover it. Boys tend to get turned on by purely visual stuff, like videos or pictures, while most girls need to feel a more emotional connection to something to become aroused.

Can I get addicted to it?

Porn is designed to turn you on and it's normal to feel a little hooked at first—it's like this new forbidden (and totally fascinating) world. Because it's off-limits, though, it can make you feel guilty, **so it's natural to be confused when you're sorting out all these feelings.** The bottom line is, as long as it's not keeping you from doing things you enjoy or need to do—like going out with friends on Friday night or finishing homework—you're probably not addicted. Just keep it all in perspective: If something makes you uncomfortable, turn it off, and always remember that it's fantasy and *not* reality.

17 FYI
If you're curious about sex, it's always best to go to a reliable Web site, like sexetc.org or seventeen.com/getadvice, to get your Qs answered.

17 EXPERTS: **L. Kris Gowen, Ph.D,** a research associate at Portland State University and author of *Sexual Decisions* (The Scarecrow Press, 2007); **Neil M. Malamuth, Ph.D,** professor of communications, psychology, and women's studies at UCLA who studies the effects of pornography.

SEVENTEEN.COM Are you normal about sex? Find out at seventeen.com/sexsurvey.

MAIN PHOTO: CHRIS ECKERT/STUDIO D. (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY.) BACKGROUND: ERIK RANK/GETTY IMAGES.
17 STATISTICS SOURCE: A SEVENTEEN.COM ONLINE POLL OF 25,738 RESPONDENTS (AUGUST/SEPTEMBER 2010).

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be his BEST TEXT!

Your phone is a flirting secret weapon. Here are all-new tricks on how to use it. BY elisa benson

send the right MESSAGE

Staring blankly at your phone? Even the trickiest text situations can be fixed!

You have endless flirty text banter, but now you want to hang out in person.

ASK HIM OUT! Next time he asks about your weekend, write back, **"Crazy story! Coffee meet up?"** Being direct saves you from hours of dropping hints about hanging out. If he's not free, he'll know that it's his turn to make the *next* move.

He texts you nonstop all night—then goes MIA for days.

INITIATE A CONVO! Don't wait to find out if he's interested—bring up something you talked about and see if he takes the bait: **"Looked up that YouTube vid. Meh! Other recs?"** End with a question to prompt a fast response.

You finally got up your nerve to send a flirty text—and he sent back a dud one-word reply.

DO NOTHING! His short response could mean **he's over you *or* that he's just in the middle of something.** Either way, you shouldn't have to do all the flirting work! So don't write anything back until he texts again—if he likes you, he will!

reader text trauma

"I traded numbers with a cute guy at a club, then texted him the next day. He wrote back, 'Sorry, who is this?' It was awful! What should I have done?" –HILLARY, 20



LET IT SLIDE! This text can feel like rejection, but it's possible he just doesn't have your name saved in his phone. Write back, "It's Hillary. We met last night. Does your phone have amnesia? ;)" **You'll clue him in**—without letting him off the hook entirely. Next time, jog his memory up front: "Hey, it's Hil! We bonded over Cool Ranch Doritos. . . ."

no-fail flirty texts

With these notes, he'll get the message.

"Hanging out at Sarah's! Come now, bring snacks, music, friends."

This text makes it clear you're rounding up a group, so you can invite him without seeming too forward.

"Need a homework break. Save me!"

This purposely vague text leaves it up to him to make the next move, whether it's sending you a few jokey texts or asking you to hang out.

"What would we be doing if I was with u right now? :]"

He'll immediately think about kissing you (whether or not he admits it!). Save this one for a guy you're already seeing.

ERROR!

Seventeen HOT GUY PANELISTS Ask them your Qs at seventeen.com/hotguys

The Hot Guy Panel tell you the LOL texts that turned them *off*.

"I met a girl who seemed cool, until she texted me every day: 'How are you?' 'How is work?' The questions were boring and constant. It was so annoying."

–RANDY, 20, SAN ANTONIO, TX



"I went on a date with a girl, and 20 minutes after I dropped her off, she texted, 'I miss you.' This might have been cute a day later, but 20 minutes?!? It was weird."

–PATRICK, 21, BASKING RIDGE, NJ



"One time a girl texted me, 'I just made out with someone, but I was thinking of you.' I don't know if she was trying to make me jealous, but it was such a turnoff."

–ANDRE, 17, AUSTIN, TX



MAIN PHOTO: NICK ONKEN. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)
REAL-GUY PHOTO: (PATRICK) CHRIS ECKERT/STUDIO D.

SEVENTEEN.COM Get tons more flirty text ideas at seventeen.com/flirtext

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advanced move
A playful tackle shows him who's boss.

bitchy moves guys secretly love

Weird but true: Sometimes a little attitude makes him want you more!

turning him down!



"One time I asked a girl out in front of all of my friends, thinking it would make me look cool—**but she totally shot me down!** Later she pulled me aside and said she would go out with me, but not to put her on the spot like that again. She put me in my place!"

–caleb, 18, columbus, oh

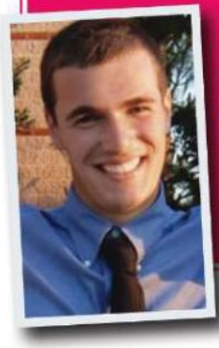
being cocky!



"Once I asked this girl I liked if she ever Facebook-stalked me. She said, **'I don't care what other girls post on your wall.** I know I could have you any time I want.' Her confidence made me feel like I was lucky to be with *her*!"

–dante, 20, reno, nv

CUTTING IN!



"I really wanted to take this girl to the homecoming dance, but someone else had already asked me, so we both went with other people. During one slow song, I was dancing with my date when **the other girl came up and asked to cut in.** I could tell my date was not happy about it, but I loved it!"

–seth, 21, wakfield, ri

SERVING SOME PAYBACK!

"I was at a pool party when I accidentally spilled a drink on a girl—**so she pushed me into the pool**! She was really flirty about it and handed me a towel when I got out. She was sweet and tough at the same time. I *had* to get her number."

–ryan, 18, newport, ri



giving the cold shoulder!

"There was this girl who would send me the sweetest texts, but in person she would talk to everyone else in the room and act as if I didn't exist. Man, I had to work to get her attention! But I loved the challenge—and those cute texts kept me motivated.

–kiante, 16, brooklyn, ny



MAIN PHOTO: SAYE. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) REPORTING: RACHEL PECK.

SEVENTEEN.COM Find out the bitchy moves guys *hate* at seventeen.com/hotguypanel.

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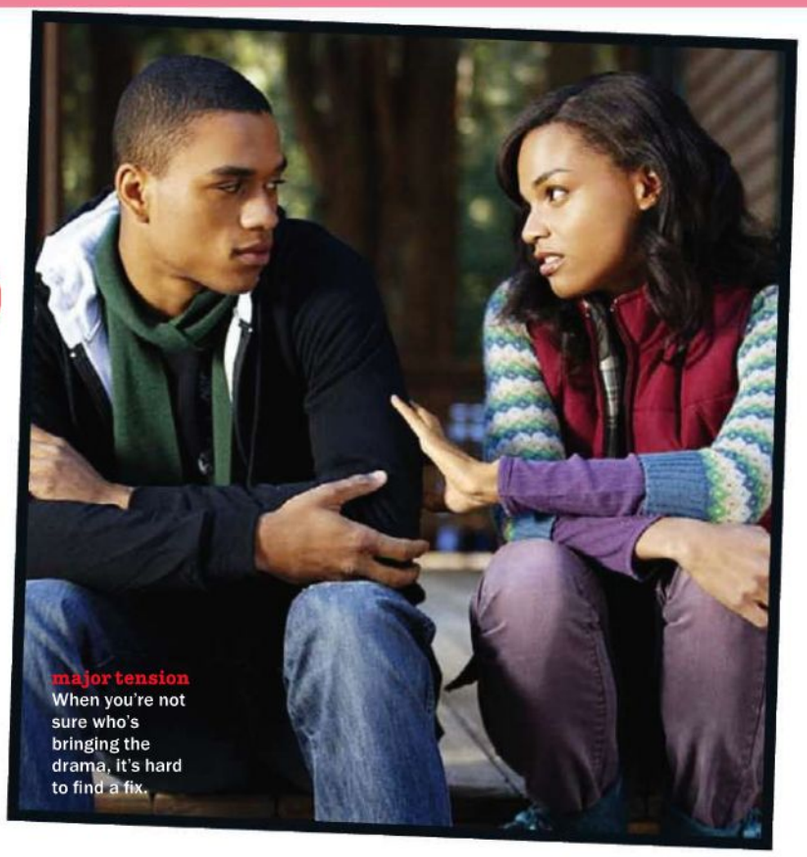
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are you addicted to DRAMA?

When your love life gets messy, is a guy to blame—or are you? BY elisa benson



major tension When you're not sure who's bringing the drama, it's hard to find a fix.

START HERE.

Check the statements that best sum up how you feel about guys.

- ☐ You like talking to **several guys** at once—one who is fun for parties, one who's up for long chats, one who's always available to give you a ride home, etc.
- ☐ It takes you a while to warm up to new guys—you **feel most comfortable** around the dudes you've known forever.
- ☐ You prefer to date guys **outside of your social circle**—you're done with all the guys from school!
- ☐ You don't mind if people at school talk about your **relationship past** or who you've hooked up with—it's flattering to know they're interested in you.
- ☐ If something is meant to be with a guy, it will happen—**you shouldn't have to work too hard.**
- ☐ Really, it's no big deal if a guy **smokes or drinks,** as long as he's cool about *your* choices.
- ☐ It's fun to be the **first one to dance at a party** or to wear an outfit that totally stands out.
- ☐ If your crush found out **how often you check his Facebook profile,** you'd be *beyond* embarrassed!
- ☐ You're the first to admit that you don't always have the **best taste in guys**—but bad boys are so sexy!
- ☐ It's so weird, but somehow you always wind up at the party **where a fight breaks out** or something crazy happens. (And let's be honest, it's exciting!)
- ☐ You don't mind listening to your friends' gossip, but **you rarely tell your own stories**—you like to keep your stuff private!
- ☐ Confidence is a major turn-on for you. For example, you love when a guy **walks right up to you at a party** and starts laying on game.
- ☐ You have no problem meeting new guys, but it's frustrating how **things always seem to fall apart** or get messy before they become serious.
- ☐ Those guys at parties who seem like they're trying to show off on the dance floor or **hit on every girl in the room** seem totally fake to you.
- ☐ You know that **lots of other girls like your crush,** so it makes you feel extra-special when he calls *you*.

(mostly orange)

you love to stir up drama!

Guys are drawn to your outgoing life-of-the-party personality. But **you'll do anything to keep from getting bored**—like pick a fight with your crush just to create fireworks. It seems fun at first, but when you make a guy jump through hoops to be with you, he'll get tired of it fast.

(mostly pink)

you need more drama!

You like to keep your relationships under the radar, but sometimes **your laid-back attitude** about dating keeps you from taking *any* chances. Next time you go out, text your crush or say hi to a new guy. It's scary to take yourself off the sidelines and play the game—but it's way more fun!

(mostly purple)

you go for drama guys!

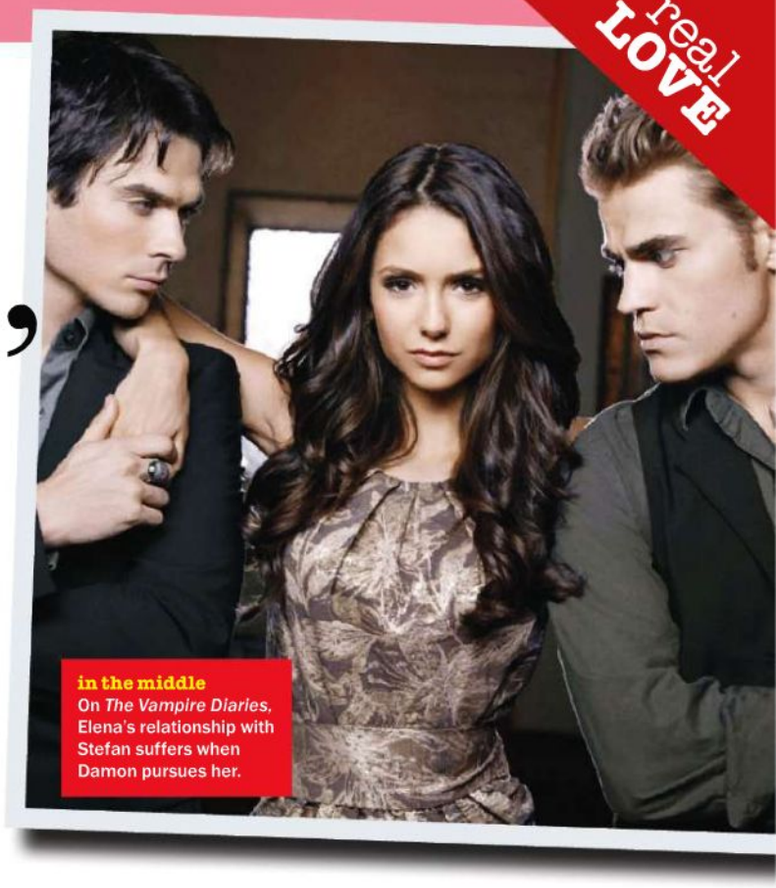
It's exciting to date a guy who's fun, popular, and in the middle of all the action—until he cares more about the scene (and other girls) than you. Instead of looking for a guy who needs to be the center of attention, find a guy who **makes *you* the center of his attention.** You'll connect on a deeper level.

MAIN PHOTO: AARON WARKOV (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

SEVENTEEN.COM Is your guy a drama starter? Find out at seventeen.com/quizzes

"i was torn between two guys!"

What happens if a great guy comes along—but you're already taken? Kia, 19, didn't know how to choose. AS TOLD TO elisa benson



in the middle On *The Vampire Diaries*, Elena's relationship with Stefan suffers when Damon pursues her.

It was the last weekend before the start of the school year, and everyone was in the mood to party—except me. It'd been three months since I had broken up with my ex-boyfriend, Danny, after he confessed he'd cheated on me, and I was still hurt and feeling down on guys. So when my friend insisted that I meet her guy friend Josh, I was *not* interested. But she forced me to plaster on a smile and say a quick hello.

"Why do you have your guard up?" Josh asked right away. It startled me, but I was fine with telling him the story. Then Josh told me he'd been cheated on before too. He really seemed to understand me. When he asked for my number at the end of the night, I was so happy—I could already feel my heartache fading.



text secret Kia couldn't resist responding to messages from her ex.

Josh and I started hanging out every weekend. He'd take me to dinner or to the arcade to play ice hockey, and on nights we didn't see each other, we'd talk until 1 A.M. No matter how stressed I got about school or friends, Josh had this way of putting me at ease. I knew our relationship was deeper than the one I'd had with Danny, who mostly wanted to hang out and party. I was falling in love.

A few weeks later, I was out with some girlfriends when Danny showed up. It was the first time I'd seen him since we split—and I couldn't deny how giddy I felt. When he saw me, a huge smile spread across his face.

"You look beautiful," he said, standing so close, I could smell his cologne—the same scent he always wore. "I miss you." I felt my breath catch in my chest—I'd wanted to hear those words for so long. Then he leaned in and kissed me. Without thinking, I kissed him back. His lips felt nice—soft and familiar. Then, immediately, I felt flooded with guilt. I turned away from Danny without a word. For the rest of the night, I caught him smiling at me from across the room. I tried to ignore him, but I couldn't get him out of my mind. I love Josh, I told myself over and over.

> "At night, I'd lie awake feeling like **my heart was torn in two.**"

The next day, I woke up thinking about the kiss—it had stirred up memories I hadn't thought about in weeks. Then Danny started texting me, saying again how much me missed me. I couldn't help responding. Soon we were back to the same old banter we'd had when we were dating. Everything was still going great with Josh, but sometimes when we were out on dates, I'd text Danny while he was in the bathroom, unable to quit my secret habit. The flirtation was exciting, but at night, I'd lie awake feeling like my heart was torn in two. I imagined the future—but I could see it with either guy.

One night, one of my friends was complaining about her on-again, off-again boyfriend. "He promised he'd change," she said, "but he never did." It hit me that no matter how thrilling it was to reconnect with Danny, it was all fantasy. Sure, he was great at saying the perfect flirty lines, but I bet he dished them out to a million girls. I knew Josh's feelings for me were real: He'd call me in the morning to wish me luck on tests or text before bed to tell me all the things he missed about me.

When I realized that I wanted to be with Josh, I felt so happy that I knew it was the right decision. I'd been sucked in by Danny's apologies because they felt good to hear, but when I imagined dating him again, it was always this idealized perfect-boyfriend version of him—really, I imagined him to be more like Josh. I did think it was possible to love more than one person at a time—but I learned that if you're honest, someone is always in first place. Danny was a chapter of my life I needed to close.

MAIN PHOTO: ART STREIBER/THE CW. IPHONE: COURTESY OF APPLE.

SEVENTEEN.COM Got a juicy love story? Share it at seventeen.com/reallove.

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17 FYI
Girls are at most risk for being abducted when walking alone to or from school.

"i escaped my kidnapper!"

You hear scary stories about teens being attacked but never imagine it could happen to you. That's what Cassandra, 16, thought—until it *did*!

AS TOLD TO kierna mayo

PHOTO OF CASSANDRA: JEFFERY SALTER; HAIR & MAKEUP: CHRISTINE WHEATON; STILL LIFES: (PURSE) CHRISTOPHER COPPOLA/STUDIO D; (IPOD) COURTESY OF APPLE; (KEYS) JESUS AYALA/STUDIO D; STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

My town in Florida is straight out of the movies—smiling people taking strolls and little kids riding bikes. So sweet! Every morning, I'd walk the mile on the sidewalk along a main road from my house to my high school. The walk scared me at first because I had to leave while it was still dark, before the sun was fully up, and I passed an empty parking lot. But after a few weeks, I relaxed and that creeped-out feeling went away.

"I heard a deep, scary voice say, 'Just be quiet.'"

GRABBED!

Then one day last spring, I was walking by the parking lot and in my own little world, with Mary J. Blige on my iPod, when suddenly my headphones were knocked off my head and a man threw his arm around my neck! It happened *fast.* I heard a deep, scary voice say, "Just be quiet," in my ear. I was being attacked, and this man's arm was closing tightly on my neck! I wasn't *about* to be quiet. I started yelling my head off and trying to pull his arm way from me, but he squeezed tighter! He was behind me, but when I was able to turn a little, I saw that he had his T-shirt pulled up over half his face. The struggle seemed like an eternity—he was forcing me to walk toward the back of an auto repair shop and he just kept saying, "Be quiet." Cars drove by and we passed two guys at a bus stop across the street, yet no one helped. My mind was frozen with fear. For a few seconds, I couldn't even see! But then I heard my great-grandmother's voice in my head. She was talking in her gentle way, saying, "Come on now, I *know* you're stronger than that!" She was the rock in our family until she passed away four years ago. She was soft-spoken but she was no joke—you knew she meant what she said.

I snapped back to reality and adrenaline kicked in. I didn't know what this man wanted to do—kidnap, rape, or rob me, or maybe all three—but I had to get out of the situation alive. I started coaching myself in my head, Okay—you need to get calm and figure out what to do.

SURVIVAL INSTINCT

I've never had any self-defense training, but I went for it—I pulled his arm off my neck with all my might and let out a loud scream as I kicked my leg back into his shin with everything I had! He let go of me and I took off running. When I looked back to see if he was chasing me, he was running the opposite way. At the same time, he looked back at me too, and I saw him clearly—he was short with puffy cheeks and small eyes. Then I turned again and ran like crazy until I got to a nearby drugstore.

My hands were shaking and I couldn't calm down. I asked the girl at the counter for the phone and I called my mom. I was so scared I could hardly talk. She kept me on the phone with her while she drove to the store to meet me. "You have to calm down," she pleaded. She arrived five minutes later and I was finally able to explain what happened through sobs. "I'm calling the police!" my mom exclaimed.

When we got home, two officers were waiting for us. While one cop took down my story, the other went looking for the guy. I was heartbroken when he returned and said, "We don't see him."

INNER STRENGTH

I stayed home for a few days after the incident. School officials warned students that someone was assaulted and they gave everyone the guy's description. At first no one knew that it was me who'd been attacked, but as people found out, they asked me tons of questions. I cried every time I had to relive the story, so my close friends formed a protective bubble around me to keep people away.

At first the attack made me afraid to do *anything.* My boyfriend and I broke up because I was scared to go out. I made friends come to my house. Things slowly got better, but I still don't like anyone to get near my neck.

The fear isn't totally gone—after all, the guy is still out there somewhere—but I have a new appreciation for my own strength. I never expected to be able to fight off an attacker; I'm stronger than I realized. Now I know always to listen to my instincts, and everyone else should too. If something seems unsafe or makes you nervous, stay away. I've learned the hard way that you never know what's going to happen, but you need to be prepared no matter what. 17

PROTECT YOURSELF

Don't be paranoid—be prepared. These three simple tricks can keep you safe.

If a mugger demands your purse, **don't hand it to him—throw it away from you, then run the other way. He'll go for the cash, and you can escape.**



Be aware of your surroundings. **Listening to music can distract you from what's around you. Keep one earbud out so you can stay alert.**



Keep your keys in your hand, **and hold one between your fingers. If you're grabbed, you can use it as a weapon to gouge your attacker's eye, which will buy you time to get away.**



17 EXPERT: Dallas Jessup, 18, founder of Just Yell Fire. Go to justyellfire.com to download a film about how to fight back.

SEVENTEEN.COM Share your story at seventeen.com/mylife

More at ebook-free-download.net or magazinesdownload.com

EASY MONEY

boys & money!

Don't let $$$ cause guy weirdness ever again. *Seventeen*'s finance whiz, **Farnoosh Torabi,** tells you how.



YOUR TRICKY SITUATIONS:

WHO PAY$?

You split fries, had a fork fight, and laughed about (okay, *at*) your math teacher—great first date! But as the check comes, there's a weird pause. What's the best way to play it cool?

HOW TO DEAL: The smoothest move is to pay half. Relieve the tension by smiling and saying, "Let's split it," then whip out your wallet and put down 50 percent of the bill (with tip!). But if he insists on covering the whole thing—a lot of guys think it's their duty—simply thank him and say you'll get the movie tickets!

PRICEY PRESENT$

Your guy spends tons on gifts for you, so you always feel like what you give him has to be just as crazy expensive.

HOW TO DEAL: A gift's value isn't in how much it cost—it's all about thoughtfulness. Showering your dude with support goes a long way, and if you want to buy him something, make it small and meaningful, like a download of the new single he's into or a pint of his fave ice cream. The next time he goes overboard, let him know that you're happy just spending time with him and don't need fancy stuff.

MY BF I$ A MOOCH!

Your sweet, hilarious, kind (but broke) boyfriend is always short on cash—he borrows money and hardly ever pays you back. Should you say something to him?

HOW TO DEAL: It's time to cut him off. You don't have to obsess about what he already owes you, but you should stop being his sugar mama. The next time he mentions an expensive date, suggest fun, free things to do instead. (Go on a picnic with homemade sandwiches, take a bike ride, or bake cookies together!)



GET CASH CONFIDENT!

Forty-three percent of *Seventeen* readers say they don't feel confident about money. These tips will help you.



track your $

"I make a budget and follow it. Knowing **how much I have left to spend** means I'm never worried about hitting up the ATM and finding zero dollars left!"

–CHARLOTTE, 18, NEW YORK, NY



save a little

"Each day, I **skip buying one small thing**—coffee or a candy bar—and save that cash instead. Having an emergency fund is the best way not to freak out about surprise expenses."

–ALEXSIS, 15, DENVER, CO

WHO MAKES MORE MONEY: GUYS OR GIRLS?

In Hollywood, it's still guys. The highest paid teen actor, Angus T. Jones of *Two and a Half Men*, earns $250,000 per episode. (Miranda Cosgrove is second, making $180,000 for *iCarly*.)



MAIN PHOTO: NOEL VASQUEZ/GETTY IMAGES. JONES: WIREIMAGE. COSGROVE: JASON MERRITT/GETTY IMAGES. STILL LIFE: (MONEY) DORLING KINDERSLEY.



17 EXPERT: Farnoosh Torabi, *Seventeen*'s money expert, is the author of *You're So Money: Live Rich Even When You're Not* (Three Rivers Press, 2008).

SEVENTEEN.COM Ask Farnoosh your money questions at seventeen.com/getadvice

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Victoria Justice's MISSION:

help girls reach their dreams

Victorious star Victoria Justice wants to give every girl on the globe a chance to achieve her goals—and you can help.

VICTORIA SAYS:

WHY IT MATTERS TO ME

"I've always been interested in what life is like for girls in other countries. The United Nations Foundation's Girl Up connects girls in the US with girls in developing countries who need help. For example, next year I'll travel to Guatemala, where only a third of girls get a high school education. Instead, many support their families by doing domestic labor like cleaning and cooking. Girl Up helps fund programs that get girls into school, teaches them how to use computers, and provides them with a yearly health checkup. American girls can be forces of change by spreading the word and recruiting others to help."

make it YOUR mission



SPREAD THE WORD

Go to girlup.org and send the "Girlafesto" to your friends and family. Then click on the site's "Join the Conversation" button to share your thoughts through Facebook, Twitter, or MySpace.

COLLECT SUPPLIES

Ask friends to donate pencils, paper, and markers—then send a package to Girls Helping Girls, an organization that distributes the supplies to girls in need all over the globe. Visit empoweragirl.org for details.



I did it!



"I took a trip to Tanzania, which made me want to help girls like the ones I met there. So this summer, I taught swimming lessons to kids in my hometown, and I gave my earnings to Girl Up. The funds go to girls in countries like Ethiopia and Malawi to do things like get them school supplies and pair them with mentors. My students were excited to help me give back. I'm doing something I love and donating to a cause that I care for—it's the perfect combination."

–JENNA BAILEY, 16, SEVEN HILLS, OH

JUSTICE: MARC ROYCE/CORBIS OUTLINE. STILL LIFES: (PENS) DIGIFOTO DIAMOND/ALAMY; (NOTEBOOKS) DIGIFOTO GOLD/ALAMY.

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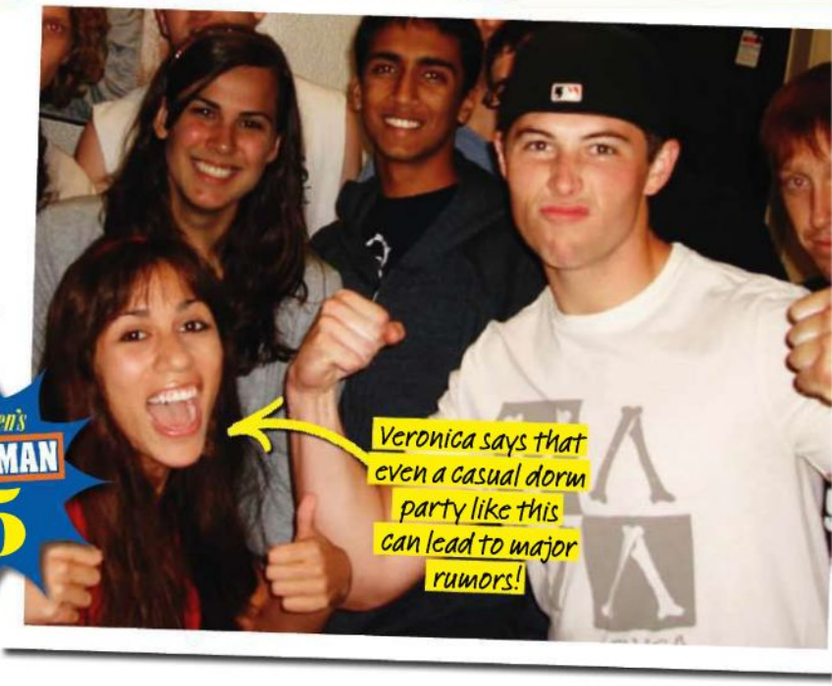
Claim based on a 2009 test conducted by P&G Research & Development.

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5 shocking truths about college

Those guidebooks and campus tours tell you only part of the story. The Freshman 15 fill in the blanks.

seventeen's FRESHMAN 15



Veronica says that even a casual dorm party like this can lead to major rumors!

1 Everyone gossips!



"After a party, this random girl told everyone that I had hooked up with multiple guys—a total lie! I'd hoped pettiness was just a high school thing, but unfortunately it's not." **–VERONICA, RICE UNIVERSITY**

2 Parties really *are* that crazy.

"You know those parties in movies, with bands and tons of cute guys and people doing keg stands? Yep, it's actually like that, and it's so much fun!" **–CARLY, UNIVERSITY OF WISCONSIN**



3 You'll miss home.



"I couldn't wait to be on my own—then I missed my mom and dog so much, I cried for days. I had to admit it takes time to adjust, no matter how independent you are." **–ESTHER, NEW YORK UNIVERSITY**

4 Cliques still exist.

"My school doesn't have sororities, so I was surprised that people broke into cliques so fast. But you still get a fresh start. No one knows or cares who you were in high school." **–SAMANTHA, GRINNELL COLLEGE**



5 Classes aren't that hard.



"I went to a public high school and worried I'd struggle with college work. It turns out *everyone* feels that way—so we study together! So far, I'm rocking it!" **–ALIYYAH, UNIVERSITY OF PENNSYLVANIA**

WIN! Five readers will win an HP hi-def V5040u camcorder (the same ones that the Freshman 15 use to shoot their vlogs). Enter to win your own at **seventeen.com/freebies**, or see page 138 for details.



"i played games and got massages at the office!"

Can't imagine working a standard 9-to-5? At Google, Jerrica, 21, learned she didn't have to.





downtime Jerrica hung out on the gorgeous Google campus and recharged over cupcakes.



fun breaks Perks like a spiral slide are part of the job—it keeps creativity flowing!

"I had been staring at a computer screen for two hours taking an online class in a new computer language for my Google internship when my eyes started to glaze over. Suddenly my boss said, 'Hey, let's play some foosball.' We hit the table in the game room, and I actually won! For a second, it was a little awkward to beat my *boss*, but then it just felt awesome. When I first started my internship, I thought I should be working all the time. Then it dawned on me that if my boss takes a foosball break every afternoon, I can take one too—as long as I'm getting my work done. Giving my brain a rest helped me go back to my desk and focus on learning again. It really works!

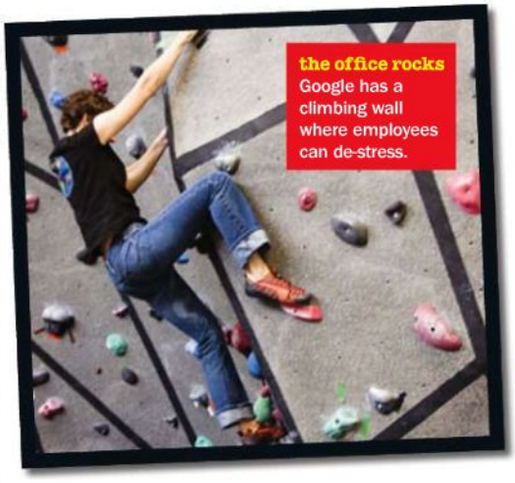
The office is totally casual—there's zero fashion pressure. My boss wore a Dave Matthews Band T-shirt every day, and I would throw on a cap when I didn't feel like styling my hair. There are rec rooms with Ping-Pong and video games, plus massage chairs and rock climbing walls. You can do your laundry and bring pets in too! But the best part is the free food—I loved the oatmeal station with yummy toppings, like cinnamon and berries. It was tough to go back to cold cereal on my college budget!

Getting used to all the freedom and fun was weird because I figured all jobs were 9 to 5, like my parents' are. But at Google there are no set hours—you can leave at lunch and come back again at midnight. It's nice to know that if you're out late one night, you can just come in late the next morning (like I did when I scored tickets to see Coldplay!). It's not about face time. What really impresses the bosses is coming up with creative ideas. I worked on a then–top secret project (we had to sign confidentiality agreements) called Chrome, Google's super-fast new browser. What I worked on will change the way you surf the Web!

I used to think computer science was all boring math—I was going to major in dance until I saw *The Matrix*. That made me realize the awesome things technology can do. There aren't a lot of girls in computer science, and companies want to hire us because we have different ways of solving problems.

I also did a service project with my coworkers where we helped pull weeds at a farm. It was a blast—until there were a bunch of spiders crawling on me! I should have picked knitting caps for cancer patients or volunteering at an animal shelter like some other interns had!

But really, the best part about the job is that everyone at Google is so smart. It's nice to be working around intelligent, imaginative people. It makes me feel smarter too!"



the office rocks Google has a climbing wall where employees can de-stress.

AMAZING INTERN FREEBIES!

Want to score cool stuff? Intern for these awesome companies.



CELL PHONES! Nokia interns can get free cell phones and service.

JEANS! Getting an internship at 7 For All Mankind means you're the new owner of three free pairs of jeans!





FLIGHTS! Southwest Airlines lets their interns take unlimited free flights, so you can jet-set during your time off.

MAIN PHOTOS: COURTESY OF GOOGLE. STILL LIFES: (JEANS) J MUCKLE/STUDIO D; (CELL PHONE) COURTESY OF NOKIA; (PLANE) COURTESY OF SOUTHWEST AIRLINES.

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seventeen

November 2010

Get ready to love the way you look! Turn for trends and tees that flatter *your* figure, beauty tricks that will speed up your morning, and celeb secrets for mega body confidence!

Ke$ha Comes Clean p. 98

Fall for You! p. 104

Make Body Peace Now! p. 112

Fit to a Tee p. 116

Hot Minute p. 118

Love at First Scent p. 122

Girl Fights! p. 128

PHOTO: NICHOLAS ROUTZEN. FASHION STYLIST: ANNA LEVAK FOR 1PLUS1MGMT.COM. HAIR: STACI CHILD AT DEFACTO FOR REDKEN/CUTLER SALON. MAKEUP: KEIKO HIRAMOTO FOR DIOR BEAUTY. MANICURE: DONNA D. FOR NARS COSMETICS.

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ON KE$HA:
Rings, Gorjana.



ke$ha comes clean

Meet the real girl underneath the glitter.

for a girl who spells her name with a dollar sign, Ke$ha might be the most low-maintenance person you've ever met. She still lives in her mom's basement in Nashville, Tennessee, and she does all her own makeup for her concerts, still shops at thrift stores, and loves to make her own clothes. Not that she doesn't like to stand out: She feels most comfortable with at least one eye covered in glitter, and she thinks it's funny that people get all freaked out by her trademark lyrics like, "Brush my teeth with a bottle of Jack." But 23-year-old Ke$ha is just being herself. "I think you can be this total

photographs by robert erdmann

by carissa rosenberg tozzi

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ON KE$HA: Square crystal ring, Swarovski; black flower ring, Samantha Wills; yellow oval ring, Courtney Lee Collection; blue-and-silver ring, Alexis Bittar; rhinestone band, Nicky Hilton; flower ring with center stone, Samantha Wills.

maniac onstage and act like a complete idiot but also be respectful, really positive, and smart," she says. "You don't have to be just one thing."

Ke$ha was raised in Nashville by her mom, a country songwriter who would bring Ke$ha along to the recording studios and encourage her to write music. In high school, Ke$ha started to explore her own musical tastes. "I was this weird paradox of a person. I was in the marching band, I sang and played music in the really cool, punk band with the hot seniors, and I'd write bratty pop songs," she explains. It's no surprise she was voted "Most Likely to Do Something Crazy or Be on the Cover of *Rolling Stone,*" she says. But Ke$ha was also a certified genius, with an IQ over 140 and an SAT score of 1500. "I would drive to the local college and take classes on Cold War history just for fun," she admits. But after high school, Ke$ha had to choose between her education and a music career. When her mom sent out Ke$ha's demo and it landed in the hands of record producers Dr. Luke and Max Martin (the masterminds behind monster pop hits like "Since U Been Gone" and "California Gurls"), they encouraged her to move to Los Angeles to work with them. "I loved school, but I knew I was going to do this since I was 4," she explains. So she turned down a scholarship to prestigious Barnard College in New York, then spent the next five years taking random jobs, writing songs for Miley Cyrus, and singing backup vocals for Britney Spears. In her downtime, she would write songs about her own life—her crazy friends, wild Hollywood parties, and her first love. By the time she landed her own record deal (after singing the hook on Flo Rida's "Right Round"), she had created a library of about 200 songs. So far, four of the fourteen that made it onto her album, *Animal,* have been huge hits; her first single, "TiK ToK," became the longest running number one debut song by a female artist. Now you can't turn the radio on without hearing a Ke$ha tune, but it has been hard for her to prove that she is more than just a party girl. So she sat down with *Seventeen* to bare it all—from her darkest secrets to her biggest dreams.

> "I'm not super-girly, but when I talk to boys, I get a little flirty!"

17: A lot of the songs on your album are about your ex-boyfriend. How long did you date?

Ke$ha: He was my first love; he was my first everything. I was 18 when we met, and it was love at first sight. It was the most magical thing ever, and then we just went through the most crazy, loving, tumultuous relationship. *Animal* is pretty much a by-product of that relationship. We broke up about a year ago.

17: What happened?

K: There was too much petty fighting. I think you should surround yourself with people who are making you happy, and if they stop making you happy, then you should stop hanging out with them. It's the same thing with friends. You have a choice of who you can be friends with. You can surround yourself with positive people. I don't think I would be sane if I surrounded myself with negative people because the past few years have been so crazy. You have to really be careful who you are friends with.

17: It was so cute to see your new boyfriend [drummer Alex Carapetis] at the cover shoot. He was beaming at you! After such a bad breakup, what made you give him a chance?

K: He's had to try really hard. Your first love is always the hardest to get over—it's devastating. You feel like you'll never fall in love again, but then you do and it's just as good, if not better.

17: What are you like in relationships?

K: I'm a weirdo and a psycho. All chicks act kind of crazy when they fall in love. It's just a part of it. I told him, If you're ready for this, I *am* crazy, and you better just be prepared!

17: What are your relationship deal breakers?

K: If a guy lies, it's over. And I'm talking about anything—I believe that if you can lie about something little, you can lie about something big. I'm just really, really honest because I grew up around honesty. I'd rather know something that's heartbreaking than have to find it out on my own.

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17: Does heartbreak inspire good songs?
K: I feel like you get an option to look at life in a positive or negative way. If you listen to my record, I take a lot of negative situations and try to look at them in a funnier, positive way. I tried to turn being cheated on and being stabbed in the back into a funny song because I don't want to spend my life wallowing in self-pity and I don't want to spend my life being insecure.

17: Are you living it up now that your record is a hit?
K: I honestly haven't bought myself anything. I like to spend a lot of money on my live show and on my instruments. I really just want to invest in my fans, my show, my songs, and my music; I live and die for my music. I do it for the kids who enjoy it, not the haters, not the critics, not the cynics. It's all for the kids who just want to be positive and want to be fun—it's for the kids who get it.

17: You seem like such a strong girl. What's the girliest thing about you?
K: I'm really not super-girly. I'm kind of this tough girl, and I don't like to wear high heels all the time. I think you can actually be just as beautiful, sexy, and alluring in a simple T-shirt and a pair of shorts. I think it's cool when I see a chick on the street who's dressed like that. Those are the kinds of girls who I want to emulate. But when I talk to boys I get a little flirty—I bat my lashes and all that s***.

17: How did you develop your sense of style?
K: I used to wear uniforms to school and I hated it. The nuns wouldn't even let you wear nail polish! It was torture! Now I've decided that every nail should be a different color, and I'm trying to bring in blue lipstick. I feel like there are all these rules that have been set up in society—and I find it really fun to break all of them. Who says your lips can't be blue? Why should your nails all be the same color?

> "There are all these rules that have been set up in society—and I find it really fun to break all of them."

17: Have you always felt confident in your looks?
K: Hell, no! I still sometimes want to crawl under a rock. But it's just a shell. You have to work with what you've got. I'm tall and I never considered myself hot. But I've got a good sense of humor, so I was like, Well, I'm not hot, but I might as well be funny!

17: What do you feel like people don't understand about you?
K: I'm really fun and I'm really carefree, and I feel like I'm really positive. But I also have been in love and had my heart broken. But I think there are misconceptions about me and my personality because I am mouthy and say what I want and I do exactly what I want when I want to. But I think that's a *positive* thing.

17: Does it bother you that some people don't get you?
K: I accidentally read a review, and it was really positive, but at the end it said, "We don't really know if she has the best voice." Which is bulls***! That's the one thing I'm most confident about. I don't have the best body in the world, but I know for a fact that I have a really good voice. It really bummed me out that somebody didn't see that, and then I got upset. But it just made me realize that this is an unveiling process; it's just going to take time. I'm just proving myself to people.

17: What do you want to say to people who think your music is just about wild parties?
K: I feel like my music is a celebration of life in all its imperfections. Life doesn't have to be cookie-cutter perfect, neither does your style, your makeup, your clothes—nothing has to be "perfect." I know it's ambitious, but I really would love it if what I'm doing was not just an album, but also more of a youth movement for really accepting who you are unapologetically and really loving yourself for every imperfection. 17

Fashion Stylist: Jacqueline Azria-Palombo at Achard & Associates. Hair: Kevin Mancuso for Nexxus Salon Haircare.
Makeup: Kristofer Buckle at The Wall Group. Manicure: Tatyana Molot at Artistsbytimothypriano.com.



ON KE$HA: Vest, Topshop; shirt, Breeze by KD at Curve; pants, Funktional; snake ring (on thumb), Nicky Hilton.

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CURVY

A bold leopard in a soft shape floats over your curves.

tank
Sizes XL–3X, Faith 21, $18, select Forever 21 stores.
pants
Sizes 12–28, Torrid, $55, Torrid stores.
hat
Nobis, $50, Nordstrom.
earrings
Mixit by JCPenney, $11, JCPenney.
bracelet
Urban Original, $9, urbanog.com.
shoes
Sizes 5–11, Colin Stuart for Victoria's Secret Catalogue, $78, victoriassecret.com.

fall for you!

There's no new trend you can't wear! Just get in on these genius fit tips and amazing styling secrets.

PHOTOGRAPHS BY NICHOLAS ROUTZEN

ON MODEL: YELLOW TANK, VICTORIA'S SECRET PINK.



TALL

Play up your amazing height with an allover mini print. (Mixing shades makes it extra chic.)

tank
Sizes XS–L, LAMade, $52, revolveclothing.com.
skirt
Sizes 4–16, Worthington by JCPenney, $32, JCPenney.
earrings
Forever 21, $5, select Forever 21 stores.
belt
L.L.Bean Signature, $25, llbeansignature.com.
bracelets
Frisk, $54 each, girlsforfrisk.com.
shoes
Sizes 6–10, Marc Fisher, $109, Macy's.

PETITE

A pretty pop of animal shows your wild side without camouflaging your shape.

shirt
Sizes S–XL, JCPenney, $20, JCPenney.
jeans
Sizes 24–31, 1921 Jeans, $108, 1921jeans.com.
necklaces
Arrow necklace, $11, Lulu's, lulus.com; multistrand necklace, $90, Frisk, girlsforfrisk.com; necklace with rings, $8, H&M, H&M stores.
bag
Mulberry for Target, $15, select Target stores.
shoes
Sizes 5½–10, Restricted Footwear, $95, restrictedshoes.com.

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sparkle



TALL

No little cropped blazers for you! A longer dramatic tux jacket in sparkly sequins hangs perfectly on your frame.

jacket
Sizes XS–XL, Kensie, $128, kensie.com.
tank
Sizes S–XL, Lily White, $24, select Dillard's.
khakis
Sizes 1–13, Jolt, $39, Dillard's.
necklace
Simply Vera Vera Wang, $78, kohls.com.
shoes
Sizes 5–11, Colin Stuart for Victoria's Secret Catalogue, $95, victoriassecret.com.



PETITE

Showing just a sliver of a sparkly mini under a slouchy sweater is a flirty way to reveal the long line of your legs.

cardigan
Sizes S–L, Jack BB Dakota, $55, lulus.com.
skirt
Sizes XS–XL, Armani Exchange, $68, Armani Exchange stores.
earrings
Urban Original, $6, urbanog.com.
bracelets
Simply Vera Vera Wang, $42 each, kohls.com.
tights
Hue, $13, Macy's.
shoes
Sizes 5–11, Jessica Simpson Collection, $89, jessicasimpsoncollection.com.

CURVY

A sexy spray of sequins highlights your bust, and a structured shape gives your figure even more oomph!

dress
Sizes 0X–3X, American Rag, $49, Macy's.
necklace
Nine West, $55, ninewest.com.
tights
Hue, $13, Macy's.
shoes
Sizes 5–11, Jessica Simpson Collection, $89, jessicasimpsoncollection.com.

ON MODELS: (PETITE) TANK, AEROPOSTALE; (CURVY) PURPLE TANK, KIYONNA; SILVER TANK, FAITH 21.

More at ebook-free-download.net or magazinesdownload.com



TALL

The play of light on velvet, plus a long zipper, makes your legs look like they go on forever.

vest
Sizes S–L, Levi's, $45, levi.com.
top
Sizes XS–L, Seneca Rising, $92, senecarising.com.
leggings
Sizes 2–8, Ntice, $80, karmaloop.com.
bag
Nine West, $69, Nine West stores.
boots
Sizes 6–11, L.L.Bean Signature, $149, llbeansignature.com.

CURVY

The soft romance of crushed velvet works perfectly on your shape with a nip under the bust and a swoop across your hips!

dress
Sizes 16–22, Asos, $76, asos.com.
necklaces
Pendant necklace, JCPenney, $20, JCPenney; beaded necklace, Lulu's, $14, lulus.com.
tights
Kushy Foot, $34, kushyfoot.com.
boots
Sizes 5–11, Dr. Martens, $160, drmartens.com.

ON MODELS: (TALL) WOOD AND STUD BRACELET, LULU'S; RED BRACELET, YARA; SILVER BRACELET, AMI CLUBWEAR; SQUARE BRACELET, STYLIST'S OWN; ALL OTHER BRACELETS, LOVE ALICIA; (CURVY) TANK, STYLIST'S OWN.



PETITE

A slinky minidress with dramatic details draws the eye up—so you don't need to wear heels!

dress
Sizes 2–8, Ntice, $65, karmaloop.com.
earrings
Precious Hands, $14, shopplanetblue.com.
tights
Anna Sui Legwear, $18, revolveclothing.com.
socks
Anna Sui Legwear, $12, revolveclothing.com.
sneakers
Sizes 5½–11, Puma, $85, zappos.com.

ON MODEL: RING, ALL THE RAGE.

More at ebook-free-download.net or magazinesdownload.com

CURVY

When you can't decide between revealing or concealing, an overlay of black lace lets you do both!

top
Sizes 14–24, Jessica London, $45, onestopplus.com.

skirt
Sizes XL–3X, Faith 21, $28, select Forever 21 stores.

necklaces
Blue necklace, $30, and rhinestone necklace, $23, both Mixit by JCPenney, JCPenney.

bracelets
Black-and-silver bracelet, Decree by JCPenney, $10, JCPenney; black-and-red bracelet, All the Rage, $10, alltherageonline.com; black-and-yellow bracelet, A.V. Max Accessories, $30, avmaxaccessories.com.

tights
Hue, $13, Macy's.

shoes
Sizes 5–12, Nine West, $120, ninewest.com.

lace

Fashion Stylist: Anna Levak for 1plus1mgmt.com. Hair: Staci Child at Defacto for Redken/Cutler Salon. Makeup: Keiko Hiramoto for Dior Beauty. Manicure: Donna D. for NARS Cosmetics.



TALL

A prim party dress takes a dramatic turn with tough accessories—and your long limbs!

vest
Sizes XS–XL, Candie's, $48, Kohl's.
dress
Sizes 3–13, A. Byer, $64, Bon-Ton.
bracelets
Woven bracelet, Nine West, $48, Nine West stores; bead bracelet, Precious Hands, $14, shopplanetblue.com.
socks
We Love Colors, $4, welovecolors.com.
sneakers
Sizes 3–13, Converse, $90, converse.com.

PETITE

Dial down the sweetness of lace with an edgy jacket that clings to your curves.

jacket
Sizes S–L, Lulu's, $50, lulus.com.
tee
Sizes XS–L, Tart Collections, $40, tartcollections.com.
jeans
Sizes 0–13, Urban Original, $28, urbanog.com.
necklace
Ben-Amun by Isaac Manevitz, $170, ben-amun.com.
ring
CutesyGirl, $8, cutesygirl.com.
shoes
Sizes 5–11, Wild Pair, $60, bakersshoes.com.

ON MODEL (TALL): RED TANK, T LOS ANGELES; RING, STYLIST'S OWN.

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MAKE Body



Think you're alone in your body struggle? and all the readers of Seventeen—to get you

After three years of the *Seventeen* Body Peace Project, you know better than to beat yourself up for eating a second (or third!) slice of pizza, and that the world doesn't revolve around being a size 2. But even so, sometimes the crappy feelings creep in. The truth is, peace is a long process, so we asked these inspiring young women who have gone through their own self-confidence crises to join our new Body Peace Council. They've come out stronger—and so can you. **–Jess Weiner, *Seventeen* Body Peace Expert**

your size doesn't define you

Glee's Amber Riley loves her curves, but she'd *rather* you pay attention to her killer voice and awesome confidence.

"I'm still struggling with my size, but not because *I'm* uncomfortable with it. It's knowing that other people are! The hardest thing is convincing them that I'm okay with myself. I love the way my butt looks in jeans. I run three times a week on top of dance rehearsals. I've always felt beautiful, but going on auditions was hard. Being rejected can really mess with your body image. I stopped acting for a while because I needed to get to a place where I felt good about myself. When I did, the first role I auditioned for was Mercedes on *Glee*. They were looking for a confident girl to play her. If I didn't have the confidence, I'd never have gotten the part."

Amber P. Riley

PHOTO: KENNETH WILLARDT. FASHION STYLIST: BEAU QUILLIAN AT ATELIER MANAGEMENT. HAIR: LAWRENCE DAVIS/KENBARBOZA.COM. MAKEUP: DRINI AT EYEDREAMOFDRINI.COM. MANICURE: MICHELLE SAUNDERS FOR ORLY/CELESTINEAGENCY.COM. ON AMBER: DRESS, NECESSARY OBJECTS BY ADY GLUCK; MIRROR BRACELET, SEQUIN; BLACK-AND-WHITE BANGLE AND RED BANGLE, ALEXIS BITTAR; BELT, TORRID; SHOES, BCBG MAX AZRIA.

Peace NOW!

No way. You've got these five amazing role models—through any annoying moments of self-doubt.



surround yourself with positive people

How did Whitney Port stay so secure (when her friends on *The Hills* and *The City* are rumored to have gone plastic-surgery crazy)? With the love and support of her family.

"My sisters and I all have very different bodies, and our parents were always positive and raised us to be confident in ourselves. But the other day I was talking to my sister, who I think is absolutely perfect, and she said, 'My ankles are cankles.' I'm like, 'Stop!' But then I said, 'Well, my boobs are too big. . . . ' *Every* girl has body image issues. Whether or not you're in the public eye, you feel the pressure. In high school, I constantly felt like my arms and legs were too long. I couldn't control them. I was klutzy. Now that I'm done growing, my long legs are my favorite part. The key is finding people who love and support you and never comparing yourself to each other. I feel beautiful when I'm around people who make me feel comfortable."

Whitney Port

PHOTO: COLETTE DE BARROS. FASHION STYLIST: LARA BACKMENDER AT KATE RYAN, INC. HAIR: CHARLES BAKER STRAHAN, CELEBRITY STYLIST FOR HERBAL ESSENCES. MAKEUP: MYLAH MORALES FOR CHRISTIAN DIOR BEAUTY AT OPUSBEAUTY.COM. ON WHITNEY: SHIRT, MINKPINK; SKIRT, DONNA MIZANI; HAT, MADELINE THOMPSON; THICK BRACELET AND RED SQUARE BANGLE, MARC BY MARC JACOBS; SKINNY BLACK BANGLE, SEQUIN; RED-AND-GOLD BANGLE, ALL THE RAGE; WATCH, HER OWN; RING, LARUICCI; SHOES, GALLIANO.

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change isn't bad

Katherine Schwarzenegger (yep, she's Arnold's daughter) was so sick of body bashing, she wrote a book, *Rock What You've Got*, about how to stop it!

When I was growing up, it was really hard for me to deal with the different changes my body was going through. I started high school with a totally different body than I had in middle school. I thought it was happening only to me. It was such a struggle. You realize you can't eat the same things you've been eating your whole life—your metabolism is changing, your body is changing. You're getting a butt, hips, boobs. And that's a good thing! You might feel like you're in absolute hell right now, but know that you're becoming a beautiful woman—and you're not going through it alone. Instead of complaining to each other, we should be building each other up. Pay someone a compliment today. It will make both of you feel good!

Katherine Schwarzenegger

love what your body can do!



On the tennis court, Serena Williams is all about strength and power, but it took her some time to learn she's just as strong off the court.

When I was 17, I won the US Open, but for some reason, that wasn't good enough. I wanted to be thin—thin was in, and I'm thicker. So I stopped eating. I'd keep a journal of everything I did eat, which was little to nothing. But then that year I lost the Australian Open in, like, the third round because I had no energy. That's when I realized that I needed to give my body the right nutrients, the right exercise, and even the right positive thoughts to succeed. I feel blessed to have a strong body, and that's why it's so important for girls to get into sports. It builds strength and confidence and makes you stand up and say, 'I'm beautiful too.' But if you ever start to forget what makes you excellent, look in the mirror and say, 'I'm *good*. I can do this.'

Serena xxx

SERENA PHOTO: COLETTE DE BARROS; FASHION STYLIST: LYNDREA PRICE; HAIR: MATEO/JOVAN HAIR FOR DAVINES; MAKEUP: CARLENE K FOR SELECTARTISTMGMT.COM/NARSCOSMETICS & MURAD SKINCARE; MANICURE: NAJA FOR EXTREMEDYS2012.COM AT CELESTINE AGENCY.
KATHERINE PHOTO: COLETTE DE BARROS; FASHION STYLIST: LARA BACHMEIER AT KATE RYAN, INC.; HAIR: CHARLES BAKER STRAHAN, CELEBRITY STYLIST FOR HERBAL ESSENCES.; MAKEUP: MYLAH MORALES FOR CHRISTIAN DIOR BEAUTY AT OPUSBEAUTY.COM. ON KATHERINE: JACKET, SHOSHANNA; TANK, JOE; JEANS, PAIGE DENIM; THREE-BALL NECKLACE, SHERYL LOWE; SILVER-AND-CLEAR NECKLACE, LEE ANGEL; PENDANT NECKLACE, DANNIJO; SHOES, REPORT SIGNATURE.



there's no such thing as "perfect"

You think models are naturally flawless? Not true! Sometimes supermodel Coco Rocha doesn't even recognize *herself* in photos.

"You see a model walk down the street and she's wearing jeans and a T-shirt, no makeup, her hair down, and she looks like a regular girl. For me just to look 'natural' in a photo takes two hours of hair and makeup, good lighting, styling, and Photoshop—and six hours later, you have the picture. But when I go home, it's just me with no makeup, pimples, and a pair of baggy pants. That's life—the rest is fantasy. We all need to remember that a photo is just what beauty was to one photographer on one day. You can't compare yourself to those pictures. You are real. Photos are two-dimensional. Beauty is three-dimensional. Your confidence, your personality, your presence—it all adds to what makes you beautiful."

Coco Rocha

FOLLOW OUR

BODY PEACE COUNCIL

To hear more from our Body Peace Council, read their blogs at **seventeen.com/bodypeace**. And while you're there, sign The *Seventeen* Body Peace Treaty, a vow to stop stressing about what your body looks like and to start appreciating it for what it can do!

PHOTO: TERRY DOYLE. FASHION STYLIST: TURNER AND ERICA. HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWNPRO.COM. MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. MANICURE: TATYANA MOLOT AT ARTISTSBYTIMOTHYPRIANO.COM. ON COCO: TOP, Z SPOKE BY ZAC POSEN; PANTS, WILLIAM RAST; EARRINGS AND RING, HER OWN; BELT, BETSEY JOHNSON; BRACELETS ON RIGHT ARM, FROM ELBOW TO WRIST: LEE ANGEL; ELIZABETH COLE; CC SKYE; BRACELETS ON LEFT ARM, FROM ELBOW TO WRIST: MARC BY MARC JACOBS; DANNIJO; LINKS OF LONDON.

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fit to a tee

EVERYONE LOVES A TEE, BUT THESE AMAZING ONES LOVE YOU BACK! THESE PERFECT FIGURE-FLATTERING SHAPES WERE CREATED BY BP. AT NORDSTROM JUST FOR *SEVENTEEN* READERS!

Photographs by Anna Palma



the perfect **tank**

It shows off the long line of your arms, from your clavicle to your fingertips.

Sizes XS–XL, Rubbish, $20, BP. at Nordstrom and nordstrom.com

the perfect **fitted tee**

This slim shape hugs your middle—and a wide neck makes it look even narrower.

Sizes XS–XL, Rubbish, $24, BP. at Nordstrom and nordstrom.com

ON MODELS: (IN TANK) JEANS, SEVEN FOR ALL MANKIND; NECKLACE, MARC BY MARC JACOBS; BRACELETS, RACHEL LEIGH; SHOES, KEDS; (FITTED TEE) JEANS, SEVEN FOR ALL MANKIND; NECKLACE, LULU'S; BRACELETS, YARA; SHOES, KEDS; (IN SCOOP NECK) JEANS, SEVEN FOR ALL MANKIND; NECKLACE, STYLIST'S OWN; SILVER BRACELETS AND SNAKE BRACELET, DANIEL ESPINOSA; CUFF, LA PETITE PRINCESSE; PLASTIC BRACELETS, YARA; SHOES, KEDS; (SLOUCHY TEE) JEANS, AG; NECKLACE, SARAH AGHILI; LEATHER BRACELETS, ETTIKA; BEADED BRACELETS, ALEXIS BITTAR; SHOES, KEDS; (CROPPED TEE) JEANS, SIWY; NECKLACE, SOGNO; BRACELETS, LEIGHELENA; SHOES, TOMS.



Fashion Stylist: Kristin Rawson at See Management. Hair: Staci Child at Defacto for Redken/Cutler Salon. Makeup: Thora at Kate Ryan Inc., for NARS Cosmetics.

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HOT minute

Fast-forward through your beauty routine. These tricks let you look good—and sleep in!

BY YESENIA ALMONTE

CLEAN UP QUICK!



SHAMPOO SHORTCUT

HOW-TO: *No need to shampoo and condition! This clarifying conditioner has lemon to help remove oil and product buildup, plus smoothing ingredients to detangle your hair and make it shiny. Massage it all over, leave in for one minute, then rinse out.*

try: *Avalon Organics Lemon Clarifying Conditioner, $10, drugstores*

FRESH ON THE FLY

HOW-TO: *Smell like you just stepped out of the shower—even if you didn't. Spritz this scent on your wrists and behind your ears and the light lily-of-the-valley notes will make you feel fresh all day long.*

try: *CLEAN Shower Fresh Eau de Parfum, $69 for 2.14 oz., sephora.com*





WIPE AND GO

HOW-TO: *When you don't have time to wash your face, forget sudsing and rinsing and reach for a cleansing wipe. These have tiny beads to gently exfoliate and remove pore-clogging oils that may have built up overnight.*

try: *Pond's Morning Refresh Wet Cleansing Towelettes, $5, drugstores*

MAIN PHOTOS: ONDREA BARBE. FASHION STYLIST: ANNEBET DUVALL. HAIR: MARTYNFOSS-CALDER AT JUDY CASEY, INC. MAKEUP: FRANCES HATHAWAY FOR LANCOME AT JUMP. MANICURE: SOFIA SHUSTEROV FOR DIOR AT JUDY CASEY, INC. STILL LIFES: J MUCKLE/STUDIO D.



17 tip

Rinse your hair with cold water—it will make your hair shinier and easier to comb, so you can style faster!

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17 tip

Pick sheer, creamy makeup products—they're practically mistake-proof, so you can blend on the go.

ON MODEL, THIS PAGE: TANK, CHARLOTTE RUSSE; EARRINGS, GORJANA. MAIN PHOTO, OPPOSITE PAGE: FERNANDO MILANI, FASHION STYLIST; ANNEBET DUVALL. HAIR: JOHNNY LAVOY, FORD ARTISTS NYC. MAKEUP: CHRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. MANICURE: LISA LOGAN AT ARTISTS BY NEXT. ON MODEL: TOP, STYLIST'S OWN; EARRINGS, BETSEY JOHNSON.

CUT MIRROR TIME

RUSH FLUSH

HOW-TO: *For quickie color, rub an all-in-one cream makeup stick between your fingers to soften it up, then dot it on your eyes, lips, and cheeks.*

try: *NARS The Multiple in Portofino, $38, sephora.com*

FLAWLESS IN A FLASH

HOW-TO: *When you need the look of a precisely applied face without all the steps, pick a base that combines a primer, foundation, concealer, and powder in one.*

try: *Stila One Step Makeup Foundation, $44, stilacosmetics.com*

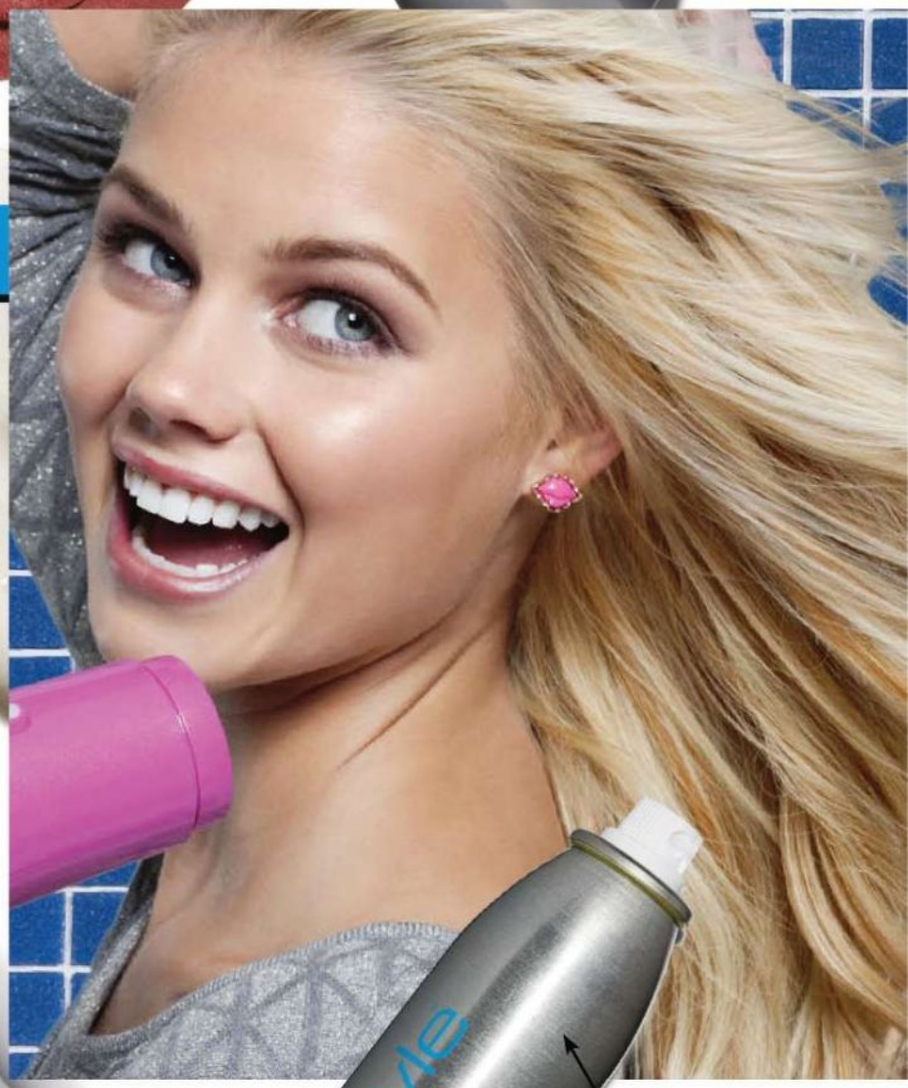


HAIR IN A HURRY

DRY AND DASH

HOW-TO: *Blow-dry in half the time! This styling cream has a new "memory" technology, which makes your hair respond to the heat immediately, making each section take shape faster for a speedier blowout.*

try: *Paul Mitchell Quick Slip Styling Cream, $14, salons*



WAVE, GOOD-BYE!

HOW-TO: *Make your second-day style a breeze! Blast your hair with this shine-enhancing, fast-drying spray, then tie hair into a bun and leave in for five minutes. As you're walking out the door, let it loose for pretty undone waves!*

try: *Redken Quick Dry 18 Instant Finishing Hairspray, $14, salons*



BUN ON THE RUN

HOW-TO: *Whip slept-in hair into a cute updo. The trick: dry shampoo! It absorbs excess oil and adds texture to keep bobby pins (and your style!) in place.*

try: *Samy Fast Style Dry Cleansing Spray, $23 for pack of two, hsn.com*



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love at first scent

Magic love potions may not exist, but the right fragrance can be the next best thing. The sexy guys of the *The Vampire Diaries* reveal the ones that will make you irresistible!

by meredith gray *photographs by saye* *still lifes by jesus ayala*



SPICY

The scent of fresh orchids says you're a sweet girl, but spicy peppercorn will make him curious about your secret wild side!

try: Givenchy Play for Her Eau de Parfum Intense, $73 for 1.7 oz., Macy's

TROPICAL

The warm, creamy scent of the chypre flower blended with the coconutty scent of frangipani is so dreamy, it feels like the rush of a first crush.

try: Tease by Paris Hilton Eau de Parfum Spray, $45 for 1.7 oz., department stores

CRISP

Wearing this clean magnolia and orange blossom combo is like spritzing on a burst of confidence.

try: Hérve Léger Femme Eau de Parfum, $34 for 1.7 oz., avon.com

LUSH

Ultra-feminine florals, like tuberose and jasmine, give you (and him) a zing of excitement.

try: Radiance Britney Spears Eau de Parfum Spray, $50 for 1.7 oz., ULTA stores

RICH

Big blooms of rose and geranium, plus juicy plum and raspberry, make you smell totally exotic.

try: Bath & Body Works Dark Kiss Eau de Toilette, $30 for 1.7 oz., Bath & Body Works stores

ROMANTIC

Like a lush bouquet of your favorite flowers: orange blossom, pink iris, and white peony!

try: Pretty Elizabeth Arden Eau de Parfum Spray Limited Edition, $59 for 1.7 oz., department stores



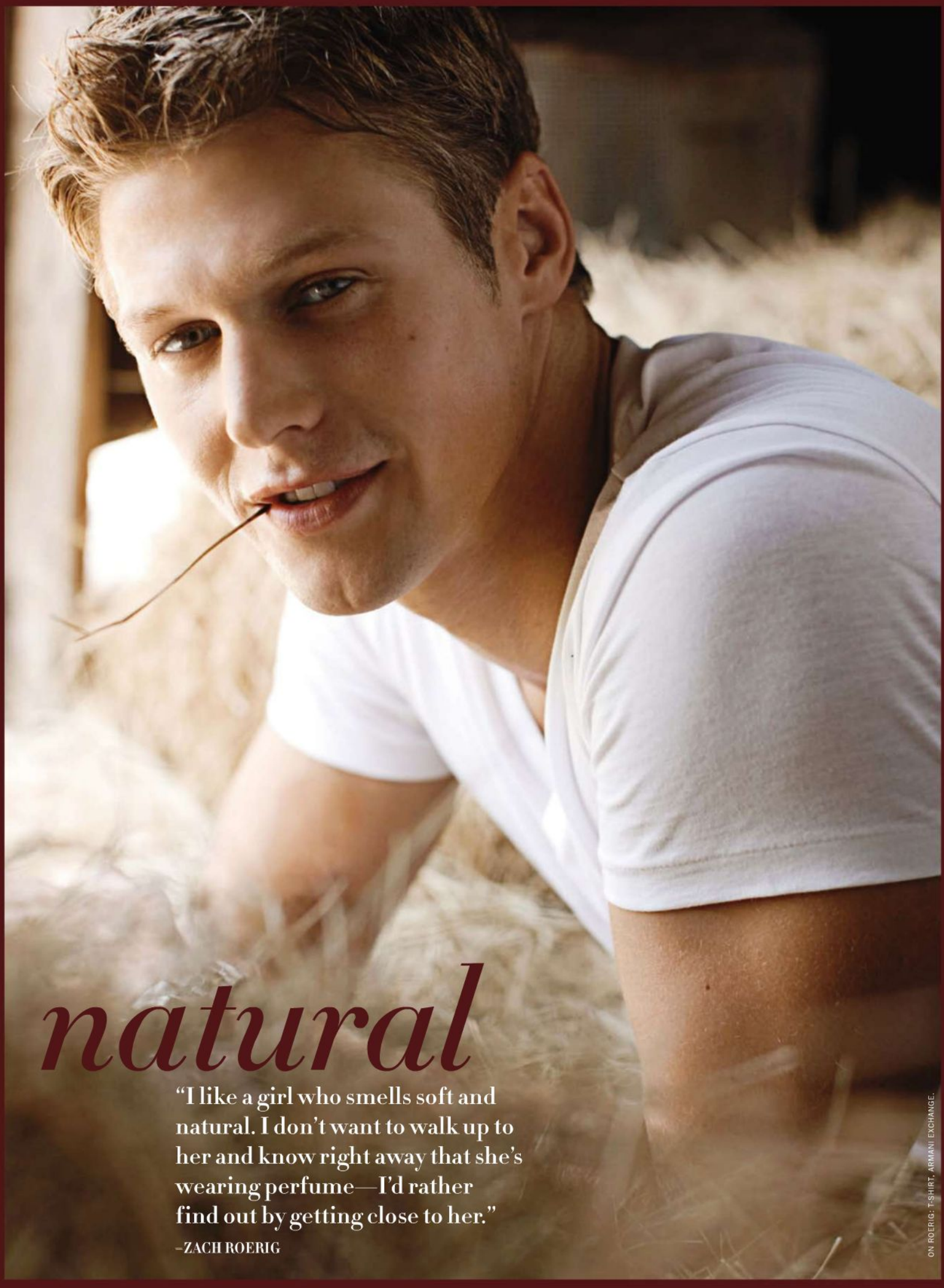
floral

"A fresh flowery fragrance on a girl tells me that she likes to pamper herself. She'll definitely linger in my mind."

–MICHAEL TREVINO

ON TREVINO: JACKET, STYLIST'S OWN; SHIRT AND KHAKIS, MARC JACOBS; SHOES, SPERRY TOP-SIDERS.

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natural

"I like a girl who smells soft and natural. I don't want to walk up to her and know right away that she's wearing perfume—I'd rather find out by getting close to her."

–ZACH ROERIG

ON ROERIG: T-SHIRT, ARMANI EXCHANGE.



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FRUITY

Mandarin and blackberry (with a hint of jasmine) are like the fragrance equivalent of a flirty wink!

try: Love Express, $45 for 1.7 oz., Express stores

SUGARY

Mouth-watering notes like caramel, meringue, and vanilla will make him sweet on you!

try: Fresh Eat Eau de Parfum, $32 for 1 oz., Fresh stores

LUSCIOUS

Save this for a gloomy day—pineapple and a touch of honey will brighten your mood with one spritz.

try: Mariah Carey's Lollipop Bling Honey Eau de Parfum Spray, $35 for 1 oz., Macy's

BRIGHT

An electric combo of purple passion fruit and yellow peonies makes you feel like you can own any room you walk into.

try: Victoria's Secret Bombshell Eau de Parfum, $45 for 1.7 oz., Victoria's Secret stores

FRESH

When you want to be extra glam, reach for this luxe fruit cocktail and amber blend.

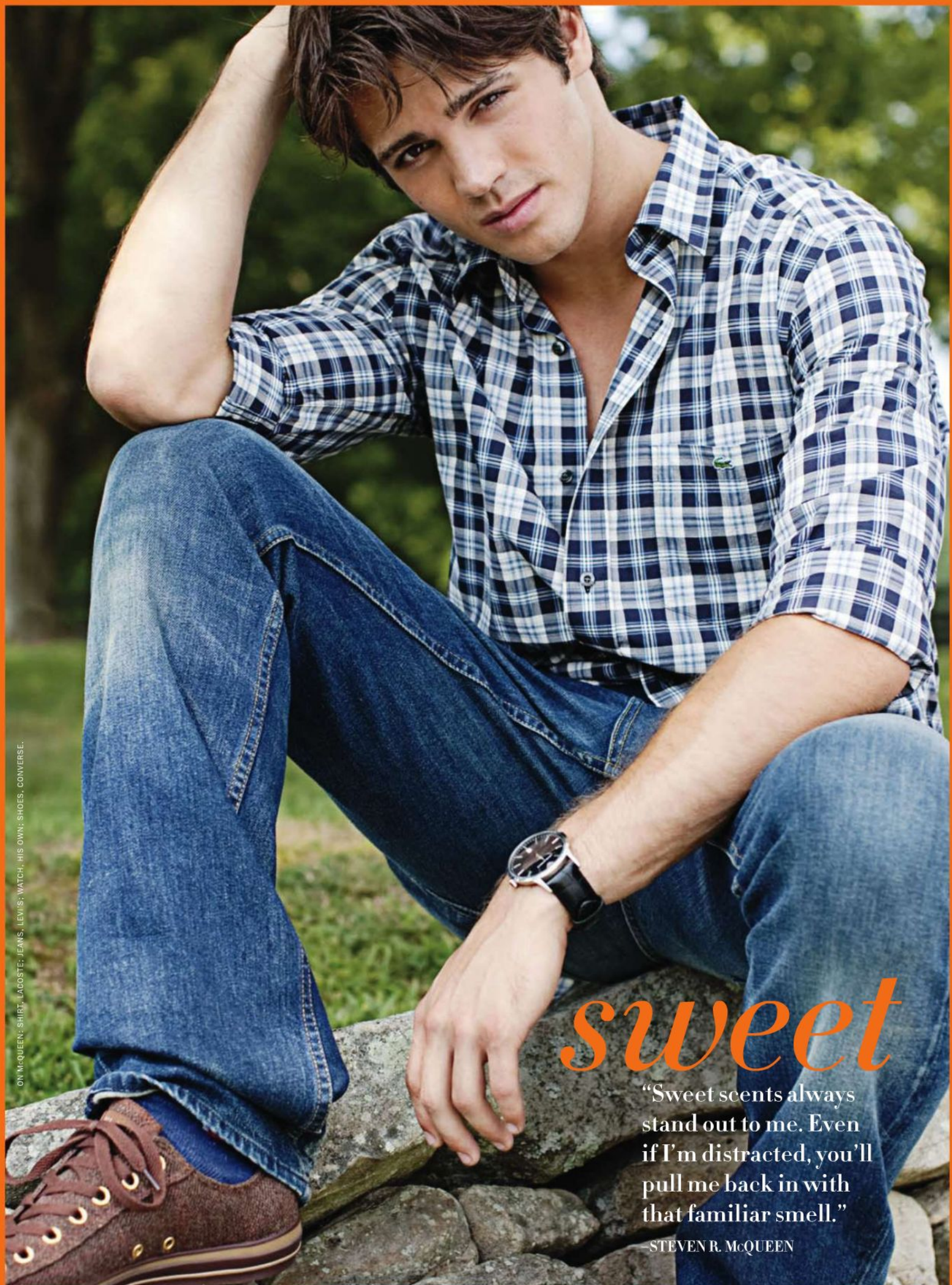
try: Bebe Sheer Eau de Parfum, $50 for 1.7 oz., Bebe stores

INDULGENT

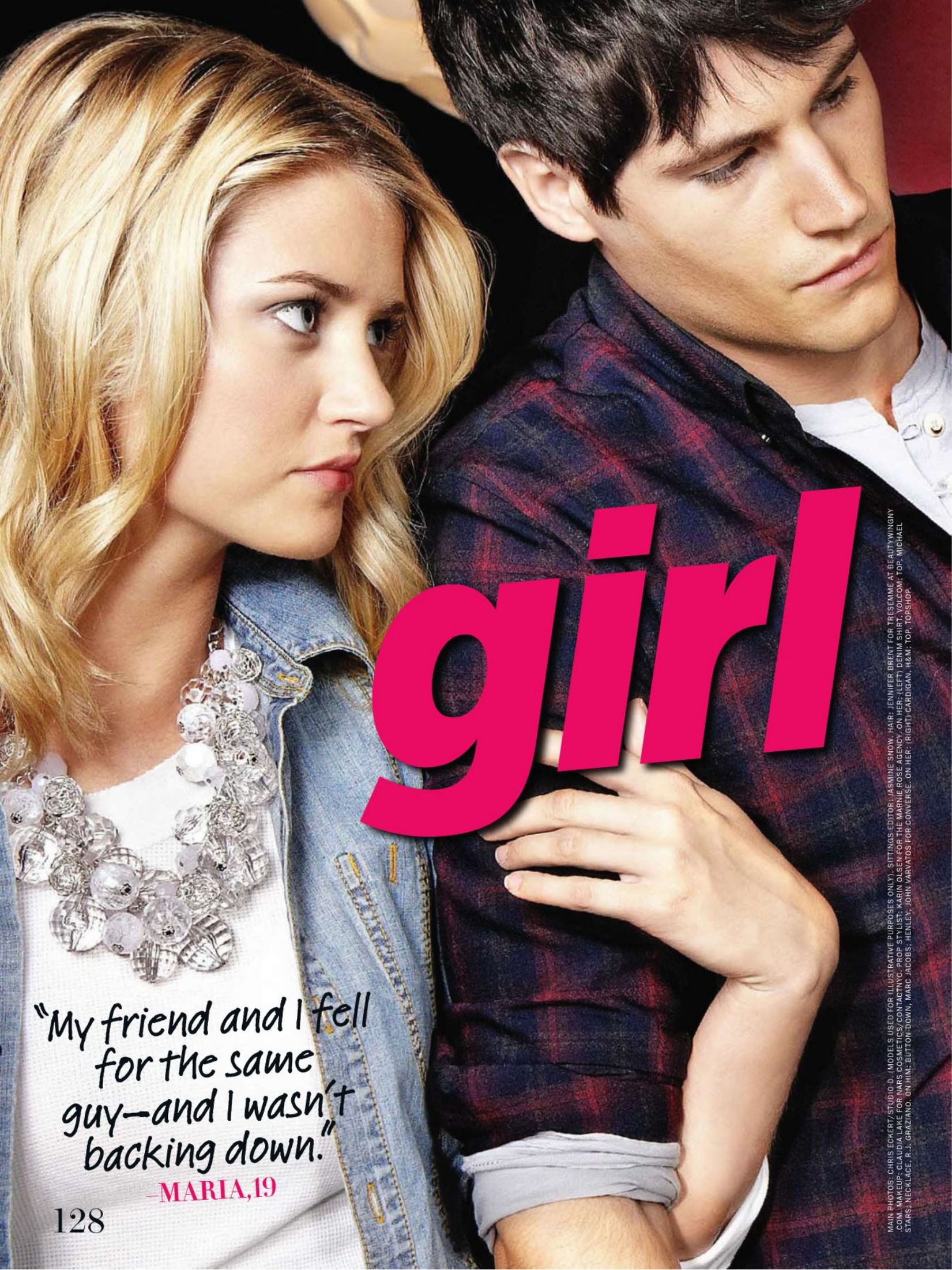
This happy mix of citrus petals and marshmallow musk means fun will follow you wherever you go!

try: Mark Celebrate Eau de Toilette, $25 for 1 oz., meetmark.com

Fashion Stylist: Annebet Duvall. Hair: Daniel Curet for The Criterion Group. Grooming: Judy Lovell for The Criterion Group. Prop Stylist: Mia Katoh.



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"My friend and I fell for the same guy—and I wasn't backing down."
—MARIA, 19

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY). SITTINGS EDITOR: JASMINE SNOW. HAIR: JENNIFER BRENT FOR TRESEMME AT BEAUTYWINGNY.COM. MAKEUP: CLAUDIA LAKE FOR NARS COSMETICS/CONTACTNYC. PROP STYLIST: KARIN OLSEN FOR THE MARNIE ROSE AGENCY. ON HER: (LEFT) DENIM SHIRT, VOLCOM; TOP, MICHAEL STARS; NECKLACE, R.J. GRAZIANO. ON HIM: BUTTON-DOWN, MARC JACOBS; HENLEY, JOHN VARVATOS FOR CONVERSE. ON HER: (RIGHT) CARDIGAN, H&M; TOP, TOPSHOP.



fights!

BOYFRIEND-STEALERS. BACKSTABBERS. CRAZY EX-GIRLFRIENDS. WHY ARE THE BIGGEST GIRL DRAMAS ALWAYS OVER A GUY?

BY ELISA BENSON

You just heard a rumor that another girl has been flirting with your guy. Suddenly your face is hot, and there's a horrible pit forming in your stomach. How could this happen? What's going on? Even if things were fine a few days ago, suddenly every tiny doubt you've ever had about your relationship is magnified by 1,000, and every girl you see feels like a threat. Or perhaps you and your BFF have your eyes on the same guy, and the tension of the unspoken competition is making you nuts. The possibility of losing him to someone else sparks this intense feeling inside you—and you vow to do *anything* to keep him for yourself. But before you start a fight, hear from girls who have survived a battle—and learn how to keep the peace in your own love life.

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"MY BFF STOLE MY BOYFRIEND!"

"I instantly bonded with Jill during college orientation, and soon we were so close that she would borrow my clothes and pick up my slang words. So when I started crushing on this guy in my dorm, David, I told her right away. 'Go for it!' she said, joking that she'd like him too if she didn't have a boyfriend. The first time David asked me to hang out, we biked to a nearby park and sat on a swing, talking. We hung out almost every day after that, and a few weeks later, he finally asked me to be exclusive.

One night David confessed that Jill had asked him to hang out—without me. I was weirded out, but Jill told me she just wanted to get to know David better. She *is* my bestie, I thought—it makes sense for them to be friends. After that, they started hanging out a lot. It was strange to feel left out of my own relationship, but I trusted them.



outside threat? When your relationship with your guy is rock solid, no one else will be able to tear it apart.

One night Jill asked David and me to come over—she'd broken up with her boyfriend and was really upset. In the midst of crying, she blurted out to David, 'I'm attracted to you. I've always wondered what it would be like to be with you.' David said, 'There's only one way to find out.' Then he kissed her—right in front of me! I was *shocked*. All this time, I'd trusted Jill—and she'd used me to steal my boyfriend! 'What were you thinking?!?' I screamed at her. She said she didn't mean to hurt me, but she liked David so much, she couldn't help it. I was disgusted—what kind of 'friend' would do that? After that, I couldn't stand to look at either of them—I had to cut them both out of my life.

It's been a few months, and the pain of losing David has subsided. I realize now that Jill was a dangerous friend who didn't know boundaries. I wish I had paid attention to the suspicion I felt as she got closer to David, instead of feeling like I owed it to her just because we were friends. If our bond was built on real trust, a guy *never* would have come between us. But Jill was the kind of friend who needed to win."

–SHELBY, 19, HOUSTON, TX

"WE WANTED THE SAME GUY!"

"My first date with Brian* was practically out of a romance movie: He brought me flowers, told me I was beautiful, and even won over my mom. I was still on cloud nine on Monday when I saw my friend Natalie*—we caught up every morning by our lockers. Since Brian went to another school, I couldn't wait to fill her in. But as I spilled the details, she got really quiet, then raced to class as soon as the bell rang. A few hours later, a friend frantically pulled me aside in the hallway. 'You and Natalie are dating the same guy!' she said. I freaked out and went to find Natalie. She told me about the guy she was seeing, and it definitely *seemed* like the same person. But Brian had been so into me—there was no way he was serious with her. She probably just likes him, I thought.

That night on the phone, Brian laughed it off. 'Natalie's crazy—she's had a crush on me forever!' he said, then reassured me that *I* was his only girl. But over the next month, things got shady: Brian would be 'too busy' to hang out, and Natalie kept glaring at me in the hallway. I tried to push it aside, but I broke down and asked one of Brian's friends what was going on. He paused. 'Brian doesn't think you're *exclusive*,' he said. 'He's seeing Natalie too.' I was being duped—and I couldn't ignore it anymore. That night, I dumped Brian.

I thought Natalie and I would stand together after that—like maybe she'd realize we were both getting played—but she kept seeing him! Then I started getting nasty IMs calling me a slut, and I knew she was behind them. Brian had pitted us against each other, so he could have us both—and I'd just turned a blind eye. I'm glad that I came to terms with who he really is. I just wish it hadn't cost me a friend to find out." –MARIA, 19, OCEAN, NJ

*Name has been changed.



spot a backstabber!

You want to think your friend's on your side—but these little warning signs could mean she's *not*.

She asks too many questions.
A good friend wants an update on your relationship, but a sneaky friend wants every private detail—she's feeding her own obsession.

She makes you insecure.
Remarks like "It must be hard to date someone who's such a flirt" will make you doubt your guy, so there's room for her to step in.

She feels entitled.
A girl who constantly defends her right to talk to, text, or hang out with your guy refuses to admit to you—or to herself—that she's crossing a line.

ON MODEL: (CENTER) JACKET, ALPINE STARS; TOP AND RINGS, HER OWN. BACKSTABBER PHOTO: SAYE. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)



"HIS EX WENT PSYCHO!"

"Spencer and I had been dating a few months when I got an e-mail from his ex-girlfriend, April. 'You are nothing to him,' she wrote. 'He wants me, bitch!' I was furious—no one talks to me that way! I angrily sent back a response, and soon we were e-mailing constantly. I believed Spencer when he said he hadn't thought about her in months, but I still got a rush of adrenaline every time I saw her name in my in-box and could fire back a nasty e-mail. I knew I was baiting her—and I liked it. Then one day out of the blue, April showed up at Spencer's house. 'I can give you things that *she* won't,' April said. Then she pulled down her pants, as if to hook up with him! That's when Spencer lost it. 'April, it is *over* with you. I'm dating Courtney and I love her. Stop embarrassing yourself.' Then he pushed her out the door. That was the last time we heard from her. I was proud that Spencer stood up for us, but I realized I should have ignored April all along—I could have saved us both a lot of drama." **–COURTNEY, 17, ATHENS, GA**

call a truce!



When you and a friend compete for the same guy, it can distort how you think—you can start to care more about beating *her* than you do about him. So ask yourself: Do I have a real connection with this guy—or am I caught up in the chase? If you decided to go for it, tell her, **"I can't let go of my feelings for him, and I need to see how they play out. Can we make our friendship work too?"** But be prepared to give up your right to talk about him—and for her to want to go for him too. Just make sure you play fair—it's girl code.



ugly situation Above: *Jersey Shore*'s JWoww literally tried to smack sense into Sammy (right) about her cheating boyfriend, Ronnie.

is he even worth the fight?

Is it the other girl who's causing drama—or is *he* the one stirring up trouble? Here are the signs:

- You've told him it **drives you crazy** when he talks to another girl or his ex, but he does it anyway.
- When a girl writes a **flirty post** on his Facebook wall, he leaves it up instead of deleting it.
- If you call him out on **sketchy behavior,** he turns it around and says *you're* overreacting.
- He constantly gives you updates on **how many girls flirt with him**—as if he wants a reaction from you.
- When he reassures you that he's not seeing anyone else, you still have a **nagging doubt** in your mind.

BOTTOM LINE: If more than two statements ring true, your guy is the problem. In a solid relationship, he'll want you to feel secure and he'll ignore any girls who get too flirty. He won't turn you against them to take the blame away from himself. Ditch him now to save yourself heartache.

17 EXPERT: Susan Shapiro Barash, the author of *Toxic Friends: The Antidote for Women Stuck in Complicated Friendships* (St. Martin's Press 2009). She teaches gender studies at Marymount Manhattan College.

ORTIZ-MAGRO AND GIANCOLA: JEFF KRAVITZ/FILMMAGIC. TRUCE PHOTO: MICHAEL BUCKNER/GETTY IMAGES FOR *IN STYLE*.

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weekend

SPECIAL SECTION!



THE MOST fun food EVER!

When you and your friends get together, the first thing on everyone's mind is eating something delicious! So make these yummy recipes from **Rachael Ray,** the queen of fun food!

BY neha gandhi

MAIN PHOTO: PHILIP FRIEDMAN/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR & MAKEUP: ERICA WHELAN FOR NARS COSMETICS. ON MODELS: (LEFT) TANK, DKNY JEANS; T-SHIRT, CHASER; EARRINGS, CLAIRE'S; (RIGHT) TOP, PACSUN; GOLD NECKLACE, STYLIST'S OWN; SILVER PENDANT NECKLACE, JULES MARIE.



ultimate patty melt

Two of your favorite foods in one!

- 3 tablespoons extra virgin olive oil (EVOO), divided
- 1 small onion, very finely chopped
- 1¼ pounds ground sirloin
- 1 tablespoon Worcestershire sauce
- 8 slices white Pullman bread or whatever sandwich bread you like
- 3 to 4 tablespoons butter, softened
- 3 to 4 tablespoons Dijon mustard
- 8 slices Swiss cheese
- 8 slices bacon, cooked until crisp
- 8 slices tomato
- Salt and ground black pepper

1. Place a medium skillet over medium-high heat with 1 tablespoon of EVOO.
2. Add onion to the pan and cook until translucent, 4 to 5 minutes.
3. Place the onions in a large mixing bowl and wipe the pan clean.
4. When the onions have cooled slightly, place the pan back over medium-high heat with 2 tablespoons of EVOO.
5. In the mixing bowl with the onions, add the sirloin, Worcestershire sauce, and some salt and pepper, and mix thoroughly with a spoon or fork, to combine.
6. Divide meat into four portions and shape into four thin burgers.
7. Add the patties to the hot pan and cook until golden brown and cooked through, about 4 minutes per side.
8. While the burgers are cooking, butter one side of each slice of bread, then flip them over and spread mustard on the other side.
9. When the burgers have finished cooking, make stacks by laying down the slices of white bread, butter side down, and top them with a slice of cheese, a patty, another slice of cheese, two slices of bacon and tomato, and another slice of bread (butter side up).
10. Wipe out the pan that the burgers were cooked in and return it to stove over medium heat.
11. Add the stacks to the pan and cook until the bread is toasted golden brown and the cheese has melted, 2 to 3 minutes per side.

berry tasty breakfast cups

The best excuse to eat dessert for breakfast!

Everything tastes better with a little whipped cream!

- 2 tablespoons butter, melted
- 3 eggs
- 1 cup heavy cream (eyeball it)
- 2 pinches cinnamon
- Dash of vanilla or almond extract, optional
- Dash of fresh nutmeg, optional
- 8 slices brioche bread, or wheat bread
- 1 cup maple syrup
- 1 cinnamon stick
- 1 pint fresh berries, such as strawberries, blueberries, blackberries, or raspberries
- Powdered sugar
- Whipped cream

1. Preheat oven to 375°F.
2. Grease the inside of each cup of a six-cup muffin tin with the melted butter and set aside.
3. In a medium-size mixing bowl, hand-whisk together the eggs, heavy cream, cinnamon, vanilla or almond extract, and nutmeg, if using.
4. Cut a diagonal slit in each slice of bread from the middle of the slice to one corner.
5. Dip each slice of bread into the egg mixture, then lightly press it into a cup of the muffin tin, overlapping the pieces where you cut the slit to make it fit into the cup without tearing.
6. Bake 12 to 14 minutes, until light golden brown.
7. Place a small saucepan over medium heat with the maple syrup and cinnamon stick.
8. Heat until warm; turn heat down to low until ready to serve.
9. Allow the cups to cool slightly in the muffin tin before removing them.
10. To serve, arrange the cups on a platter and fill each one with some berries.
11. Drizzle with some cinnamon maple syrup and top with a little powdered sugar and whipped cream.

ARE YOU AN AWESOME COOK?

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quesadilla casserole

Super-easy and deliciously cheesy!

- 3 tablespoons vegetable oil
- ¾ cup chopped onion
- 1 29-ounce can black beans, drained, with ½ cup liquid reserved
- 1½ cups frozen corn kernels, thawed
- ½ cup chopped flat-leaf parsley
- 5 10-inch flour tortillas
- 8 ounces Monterey Jack cheese, shredded
- 1 cup store-bought green enchilada sauce

1. Preheat oven to 400°F.
2. In a skillet, heat the oil over medium heat.
3. Add the onion and cook for 5 minutes.
4. Add ½ the beans and mash into a chunky paste.
5. Stir in all of the reserved liquid.
6. Grease a heavy ovenproof skillet with butter or cooking spray.
7. In a bowl, combine corn, parsley, and remaining black beans.
8. Place a tortilla in the skillet and spread with ⅓ cup of the mashed black bean mixture.
9. Top with ⅔ cup corn-bean mixture and ½ cup cheese.
10. Press with a spatula to compress the layers.
11. Repeat with the remaining tortillas, mashed black beans, corn-bean mixture, and cheese (add a little extra on top!).
12. Bake until cheese is melted and the casserole is heated through, about 30 minutes.
13. Transfer to the broiler and cook for 1 minute, to make it brown and bubbly on top.
14. Serve with the enchilada sauce.

spinach-artichoke hummus & cheesy toast

No-cook dip!



- 1 can chickpeas (15 ounces)
- 2 tablespoons tahini
- 1 garlic clove
- Juice of 1 lemon
- Salt and freshly ground black pepper
- ¼ cup extra virgin olive oil (EVOO)
- 1 box chopped frozen spinach (10 ounces), defrosted
- 1 can artichokes (15 ounces), drained
- 1 cup grated Parmigiano Reggiano or Asiago cheese, divided
- 1 baguette, cut into ¼-inch-thick slices

1. Preheat the broiler to high.
2. In a food processor, combine the chickpeas, tahini, garlic, lemon juice, salt, freshly ground black pepper, and EVOO and puree until smooth.
3. Add the spinach, artichokes, and ¼ cup grated Parmigiano Reggiano or Asiago cheese, and pulse until everything is just barely combined.
4. Sprinkle the remaining cheese on the baguette slices and toast them under the broiler until the cheese is golden and melted.
5. Serve the toasts with the hummus alongside.

grape slushie

Only four ingredients!

- ¾ cup grapes
- 1 apple, peeled, cored and chopped
- ½ cup orange juice
- ½ tray ice cubes

1. Place ¾ cup of grapes into freezer for 2 to 3 hours or overnight.
2. In a blender, add in all the ingredients and blend until made into a slushie!
3. Add a few ice cubes until you get the desired consistency.

It's pretty enough to serve at a party!

FOOD PHOTOS: PHILIP FRIEDMAN. FOOD STYLIST: MARGARETTE ADAMS FOR THE MARNIE ROSE AGENCY. PROP STYLIST: KARIN OLSEN FOR THE MARNIE ROSE AGENCY.

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TRAUMARAMA!

Everyone has had humiliating moments.

break...*fast*

"I was coming from the cafeteria when I *literally* ran into my crush, who knocked a muffin out of my hand. He apologized, but I said, 'No worries.' As soon as he turned his back, I picked it up, brushed it off, and kept eating. He came back with a new muffin for me, but I was already chowing down on the other one!"

sales slip

"I was really **bored** in class, so I **wadded up** this old receipt I had in my purse and threw it at my friend's head across the room. It **missed** her completely and it landed by my crush's desk. He picked it up and read it, thinking that it was a note. He looked **disgusted** after a few seconds and threw it in the trash. I **couldn't** figure out why. After class when everyone had left the room, I went over and grabbed the receipt. Written in all caps was: '**TAMPON:** $5.99.' I tried to laugh it off, but I don't think I'll ever live it down."

to top it off . . .

"One night my friends and I went out. I was wearing this cute top I had just bought. I felt really hot . . . until we saw this grandma wearing the same shirt!"

vision of love

"A few years ago, I was obsessed with a guy in my class and made a vision board filled with pictures of him. I had seen it on *The Secret,* and it was supposed to help you focus on what you wanted, so it would happen. Well, we actually became friends! Last week, he came to my house and we were looking for a board game. I told him to check under my bed, forgetting the vision board was stored there. He found it, and I tried to explain, but he just sat there speechless."

DRIVING LESSON

"I just started taking **driving** lessons, and am still a little nervous about it all. Last week, I was **practicing** in my driveway when I saw a cute guy walking by. I put the car in reverse and tried to parallel park. I thought I was so smooth until I **knocked** over a trash can! I was *mortified* since I could hear the guy **cracking** up all the way down the street."

What's worse than falling down in your class's dance routine? Having it caught on tape! Check it out at seventeen.com/thefall.



MAIN PHOTO: NICK ONKEN. (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY). SITTINGS EDITOR: BETSY MULLINIX. HAIR: ALEJANDRA FOR TRESEMMÉ. MAKEUP: THORA AT KATE RYAN INC., FOR MAKE UP FOR EVER. ON MODEL: VEST, HER OWN; T-SHIRT, AMERICAN APPAREL.

SEVENTEEN.COM Read new traumas and submit yours at seventeen.com/dailytrauma



FEELING HAMPERED?

"My **friend** and I were hanging out in her room one day, and we were **debating** if a person could fit in her hamper. (Weird topic, I know!) She didn't think so, but I did. So I decided to test it out and **squirmed** myself in there. I actually fit, proving her wrong! The only problem was I got stuck. I **rolled** around on the **ground** for 15 minutes while she made fun of me and took pictures!"

facebook stalker

"I added a random hot guy on Facebook. Knowing it was a bit creepy, I wrote, 'I think I know you. I swear, I'm a total creeper.' Well, I meant to say '*not* a total creeper,' but I'd forgotten that word! I guess I didn't prove myself very well after all...."

a google of a mess

"My crush was over at my house working on homework with me. He had to research something, so he typed 'google.com' into my laptop's browser. Well, as he was typing that, a list of the five most recent searches I'd done popped up and showed I had searched for 'How to get a boy to ask you out.' I wanted to die!"

CELEB TRAUMA!



Contrary to popular belief, Blair Waldorf doesn't always look picture-perfect! Leighton Meester loses her shoe (and looks like she's getting swallowed up by her coat!) on the set of Gossip Girl.

MEESTER: MARCEL THOMAS FOR FILMMAGIC.



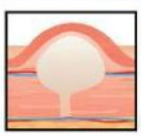
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Signature and title of Editor, Publisher, Business Manager, or Owner: Jayne Jamison, Publisher

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HOW TO PARTICIPATE IN THE STUDDED BRACELET GIVEAWAY (page 6): Starting at 12:01 A.M. ET, October 12, 2010, go to **seventeen.com/makemechic** and enter the code word "studded" to get a free studded bracelet from MakeMeChic.com. There are 10,000 bracelets available, while supplies last. Only one per person. A notice will be posted on **seventeen.com** when sponsor has received 10,000 entries. Offer valid from October 12, 2010, to November 22, 2010, or until the bracelets are gone, whichever occurs first.

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HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 16): Go to **survey.seventeen.com** and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 4, 2010, through 11:59 P.M. ET, December 11, 2010. One (1) winner will receive a $500 American Express Gift Card, and five (5) winners will receive a $100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at **survey.seventeen.com.**

HOW TO ENTER THE KE$HA FAN SWEEPSTAKES (page 19): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning at 12:01 A.M. ET, October 12, 2010, through 11:59 P.M. ET, November 22, 2010, go to **seventeen.com/keshasweeps** and complete and submit the entry form pursuant to the on-screen instructions. Five (5) Grand Prize winners will win one pair of tickets to see Ke$ha live in a 2011 concert and meet her before the show in one of the following cities: New York, NY; Los Angeles, CA; Seattle, WA; Boston, MA; or Chicago, IL. Approximate retail value for each pair of tickets: $200. Transportation not provided. Fifty (50) first-prize winners will win a Ke$ha fan pack which includes one (1) autographed *Seventeen* November 2010 issue, a T-shirt, and an *Animal* CD. Total approximate value for each first-prize pack: $35. Odds of winning will depend upon the total number of eligible entries received. Open to females between the ages of 13 and 29 who are legal residents of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/keshasweeps.**

HOW TO ENTER THE NOVEMBER DAILY FREEBIES (page 22): Complete and submit the online entry form at **seventeen.com/freebies** beginning at 12:01 A.M. ET, November 1, 2010, through 11:59 P.M. ET, November 30, 2010. Daily sweepstakes will be held each day starting at 12:00 A.M. ET and ending at 11:59 P.M. ET each day for 30 days. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies.**

HOW TO ENTER THE NOVEMBER ALL ACCESS SWEEPSTAKES (page 78): **Go to seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, October 12, 2010, through 11:59 P.M. ET, November 22, 2010. One (1) winner will receive Crossover Hoody (approximate retail value: $60), Sweetheart Tankini (approximate retail value: $42), Surf & Sand Sneakers (approximate retail value: $50), Tubes Sneakers (approximate retail value: $75), and Training Pant (approximate retail value: $70) from K-Swiss. Total approximate retail value for all prizes awarded: $297. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies.**

HOW TO ENTER THE FRESHMAN 15 VIDEO CAMERA SWEEPSTAKES (page 94): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, October 12, 2010, through 11:59 P.M. ET, November 22, 2010. Five (5) winners will receive an HP V5040u Camcorder (approximate retail value: $150) from HP. Total approximate retail value for all prizes awarded: $750. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies.**

Contest Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc.

HOW TO ENTER THE FUN FOOD CONTEST (page 132): Beginning at 12:01 A.M. ET, October 12, 2010, through 11:59 P.M. ET, November 30, 2011, go to **seventeen.com/funfood** and complete and submit the entry form pursuant to the on-screen instructions, including a detailed, original recipe using no more than 10 ingredients and taking no longer than 30 minutes to prepare, plus a color photo of yourself with your completed dish. Must be female, between 15 and 22 years old, and a resident of the 50 United States, District of Columbia, or Canada. Void in Quebec Province, and where prohibited by law. Contest is subject to complete Official Rules available at **seventeen.com/funfood.**

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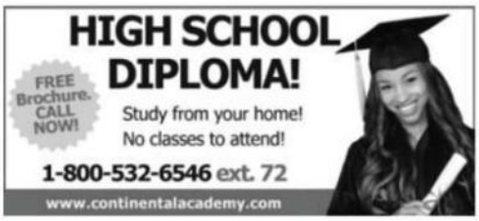


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NOVEMBER HOROSCOPES

by sally brompton



scorpio

Oct 23–Nov 21 You'll get majorly flirty with your crush when the moon eclipses Venus in your sign on the 5th. He'll push to make things official fast, but take your time to get to know him. When a Scorpio commits, she gives her entire soul, so be sure there's more to your bond than just a hot spark.

sagittarius

Nov 22–Dec 21

Whenever your friends need to be cheered up, they naturally call you first: Sags are the most upbeat girls of the zodiac. But when Jupiter goes MIA—like it will until the 17th—even *you* can get moody. You'll return to your usual sparkly self on the 18th, so hang in there. . . .

capricorn

Dec 22–Jan 19

Caps are mega-competitive, and one girl in particular brings out the best (and worst) in you! When Mars links to Saturn on the 15th, she'll try to cut you down in class, and your claws will come out. Understandable, but keep the fighting fair. (Your crush is watching!)

aquarius

Jan 20–Feb 18

You usually couldn't care less about gossip, but this month a crazy story about a close friend will get spread all over school. Even crazier? It will turn out be *true*. Luckily she'll have your Aqua-girl strength by her side until it all blows over.

pisces

Feb 19–Mar 20

You've been daydreaming about that art-class hottie for ages—and you can tell you're not the only one. Just wait until the 7th to make your move: Neptune will shift in your favor, giving you the cutest idea for showing how you feel. Your creativity will hook him!

aries

Mar 21–Apr 19

It's only November, but the guys at school are *already* starting to bore you. Aries girls thrive on adventure, so when the sun switches signs on the 22nd, you'll get the urge to plan a mini road trip with your girls. You won't have to go too far to meet someone new!

taurus

Apr 20–May 20

You and your crew are so tight, meeting people outside your circle rarely interests you. But on the 21st, the full moon will introduce you to a new girl who will be edgier than your other friends. Give her a try: You two will get along amazingly well!

gemini

May 21–Jun 20

Gems are called the social butterflies of the zodiac for a reason! Juggling tons of friends can be fun, but your longtime buds can get lost in the shuffle. Mars and Mercury will remind you around the 20th to set aside time for your BFF. She misses you too!

cancer

Jun 21–Jul 22

Okay, so sometimes your shyness can get in the way of chatting up guys. But things will be different this month! When Venus and Pluto join up on the 1st, you'll take the initiative and post a cute comment on your crush's Facebook. Game on, Cancer!

leo

Jul 23–Aug 22

A rival at school has her sights set on a guy who thinks *you're* hot. When aggressive Mars links with Jupiter on the 29th, she'll try to get the upper hand by spreading a rumor about you. Keep your Leo head held high, and no one will believe her lies.

virgo

Aug 23–Sep 22

You've been wishing for a makeover day, and your BFF totally needs one too. On the 27th, Mercury will connect with Neptune, sending extra cash your way. (Mani-pedi time?) You'll get to mix your favorite things: updating your look and spending time with a friend. Sweet!

libra

Sep 23–Oct 22

Now and then, you feel twinges for one of your exes, but on the 8th, you'll be *very* tempted to get back with him. Blame Venus, the planet of love, for stirring up drama. Before you send any flirty texts, just know that this reunion could be a onetime thing!

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